



## Cranberry Crispies

READY IN



20 min.

SERVINGS



15

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup butter melted
- 15.6 ounces just-add-water cornbread mix quick
- 0.5 cup cranberries dried
- 1 eggs
- 0.5 cup walnut pieces finely chopped

### Equipment

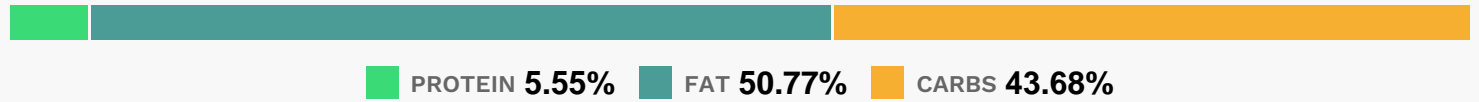
- bowl
- baking sheet

oven

## Directions

- In a large bowl, combine the bread mix, butter, walnuts and egg. Stir in cranberries.
- Roll into 1-1/4-in. balls.
- Place 3 in. apart on ungreased baking sheets. Flatten to 1/8-in. thickness with a glass dipped in sugar.
- Bake at 350° for 10-12 minutes or until light golden brown.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:4.663043477613%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 219.64kcal (10.98%), Fat: 12.6g (19.38%), Saturated Fat: 5.14g (32.09%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 22g (8%), Sugar: 9.05g (10.05%), Cholesterol: 27.77mg (9.26%), Sodium: 293.98mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Phosphorus: 165.62mg (16.56%), Manganese: 0.24mg (11.88%), Fiber: 2.39g (9.57%), Vitamin B1: 0.14mg (9.42%), Folate: 32.85µg (8.21%), Vitamin B2: 0.1mg (6.07%), Vitamin B3: 1.06mg (5.28%), Iron: 0.92mg (5.11%), Vitamin A: 239.62IU (4.79%), Copper: 0.09mg (4.59%), Selenium: 2.84µg (4.06%), Magnesium: 13.9mg (3.48%), Vitamin B6: 0.07mg (3.27%), Calcium: 24.45mg (2.44%), Vitamin E: 0.37mg (2.44%), Vitamin K: 2.42µg (2.31%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.34mg (2.25%), Potassium: 58.36mg (1.67%), Vitamin B12: 0.07µg (1.09%)