

# Cranberry Crisps

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



30

CALORIES



217 kcal

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter flavor shortening
- 1.3 cups cranberries dried
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 2.5 cups rolled oats
- 0.5 teaspoon salt
- 1 cup sugar
- 2 teaspoons vanilla extract
- 1 cup walnut pieces coarsely chopped

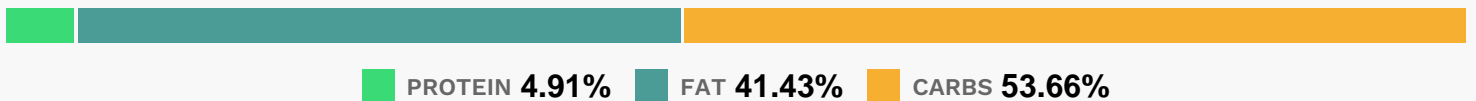
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, cream shortening and sugars until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the oats, flour, baking soda, cinnamon, salt and baking powder; gradually add to creamed mixture and mix well. Stir in the cranberries and walnuts.
- Drop by tablespoonfuls 2 in. apart onto lightly greased baking sheets.
- Bake at 350° for 12–14 minutes or until lightly browned.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:10.07, Glycemic Load:10.88, Inflammation Score:-1, Nutrition Score:4.40608693141%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 217.14kcal (10.86%), Fat: 10.26g (15.78%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 28.4g (10.33%), Sugar: 17.92g (19.91%), Cholesterol: 10.91mg (3.64%), Sodium: 89.81mg (3.9%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.74g (5.47%), Manganese: 0.47mg (23.38%), Selenium: 6.03µg (8.62%), Vitamin B1: 0.11mg (7.54%), Fiber: 1.49g (5.96%), Phosphorus: 58.25mg (5.82%), Folate: 22.69µg (5.67%), Copper: 0.11mg (5.52%), Iron: 0.93mg (5.19%), Magnesium: 18.64mg (4.66%), Vitamin B2: 0.07mg (4.35%), Vitamin E: 0.63mg (4.17%), Vitamin K: 4.34µg (4.13%), Vitamin B3: 0.65mg (3.27%), Zinc: 0.47mg (3.15%), Vitamin B5: 0.25mg (2.48%), Calcium: 21.57mg (2.16%), Vitamin B6: 0.04mg (2.08%), Potassium: 67.85mg (1.94%)