



Cranberry Drop Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



160 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 12 ounces cranberries fresh chopped
- 1 eggs
- 3 cups flour all-purpose
- 2 tablespoons juice of lemon

- 0.3 cup milk
- 0.5 teaspoon salt
- 1 cup sugar
- 1 cup walnut pieces chopped

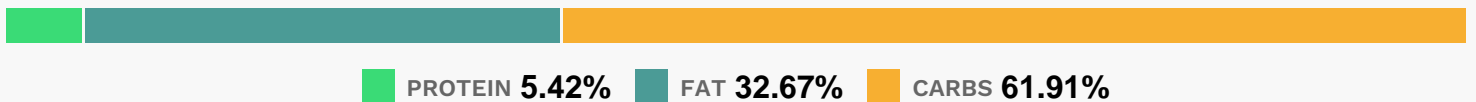
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and sugars until light and fluffy. Beat in egg. Beat in milk and lemon juice.
- Combine dry ingredients; add to creamed mixture and mix well. Stir in cranberries and nuts.
- Drop by heaping teaspoonfuls 2 in. apart onto greased baking sheets.
- Bake at 375° for 13–15 minutes or until golden brown. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:12.11, Inflammation Score:-2, Nutrition Score:3.5404347712579%

Flavonoids

Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg
Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 160.49kcal (8.02%), Fat: 5.98g (9.19%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 24.47g (8.9%), Sugar: 14.52g (16.13%), Cholesterol: 13.83mg (4.61%), Sodium: 91.88mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Manganese: 0.26mg (13.25%), Vitamin B1: 0.11mg (7.66%), Selenium: 5.1µg (7.28%), Folate: 27.89µg (6.97%), Vitamin B2: 0.08mg (4.83%), Copper: 0.09mg (4.58%), Iron: 0.82mg (4.54%), Fiber: 1.01g (4.04%), Vitamin B3: 0.81mg (4.03%), Phosphorus: 37.4mg (3.74%), Magnesium: 10.85mg (2.71%), Calcium: 24.91mg (2.49%), Vitamin C: 2.03mg (2.45%), Vitamin A: 113.4IU (2.27%), Vitamin B6: 0.04mg (2.01%), Vitamin E: 0.29mg (1.93%), Zinc: 0.25mg (1.68%), Potassium: 56.58mg (1.62%), Vitamin B5: 0.16mg (1.56%)