

Cranberry Icebox Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



33

CALORIES



178 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup brown sugar packed
- 1.3 cups butter softened
- 2 cups cranberries fresh chopped
- 2 eggs
- 3.3 cups flour all-purpose

- 0.5 teaspoon salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

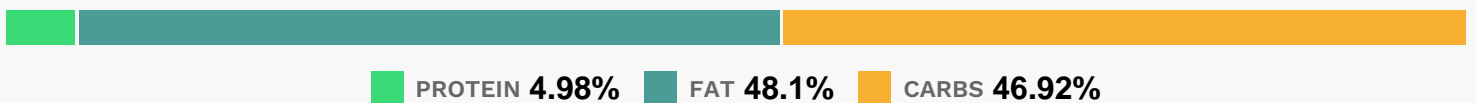
Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- In a bowl, cream butter and sugars.
- Add eggs, one at a time, beating well after each addition. Beat in extracts.
- Combine the flour, baking powder, salt and baking soda; gradually add to the creamed mixture. Stir in walnuts. Carefully stir in cranberries. Shape into three 7-in. rolls; wrap each roll in plastic wrap and refrigerate for 4 hours or overnight.
- Cut into 1/4-in. slices and place 1 in. apart on ungreased baking sheets.
- Bake at 375° for 10–12 minutes or until golden brown. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:9.93, Inflammation Score:-3, Nutrition Score:3.4256521878035%

Flavonoids

Cyanidin: 2.91mg, Cyanidin: 2.91mg, Cyanidin: 2.91mg, Cyanidin: 2.91mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.98mg, Peonidin: 2.98mg, Peonidin: 2.98mg, Peonidin: 2.98mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg

Epigallocatechin: 0.04mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,
Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.9mg, Quercetin:
0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 177.64kcal (8.88%), Fat: 9.68g (14.89%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 21.25g (7.08%),
Net Carbohydrates: 20.46g (7.44%), Sugar: 10.92g (12.13%), Cholesterol: 28.41mg (9.47%), Sodium: 117.81mg (5.12%),
Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 2.26g (4.51%), Manganese: 0.23mg (11.62%), Selenium:
5.36µg (7.66%), Vitamin B1: 0.11mg (7.4%), Folate: 27.64µg (6.91%), Vitamin B2: 0.08mg (4.9%), Vitamin A: 233.62IU
(4.67%), Iron: 0.8mg (4.44%), Copper: 0.08mg (4.15%), Vitamin B3: 0.79mg (3.93%), Phosphorus: 36.5mg (3.65%),
Fiber: 0.79g (3.15%), Magnesium: 9.82mg (2.45%), Vitamin E: 0.34mg (2.26%), Calcium: 22.1mg (2.21%), Vitamin B6:
0.04mg (1.77%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.15mg (1.51%), Potassium: 48.6mg (1.39%), Vitamin C: 0.89mg
(1.08%)