



Cranberry Kitchen Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



46 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 2.5 cups cranberries fresh roughly chopped
- 1 eggs
- 3 cups flour all-purpose sifted
- 0.3 cup milk

- 2 tablespoons orange juice
- 0.3 teaspoon salt
- 1 cup walnut pieces chopped
- 1 cup granulated sugar white

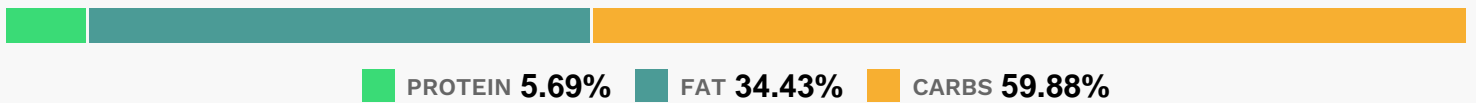
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- In a large bowl, cream together butter, white sugar and brown sugar. Beat in the milk, orange juice and egg.
- Combine the flour, baking powder and salt; stir into the creamed mixture. Stir in chopped walnuts and cranberries. Drop by teaspoonfuls onto the prepared cookie sheets.
- Bake for 10 to 15 minutes in the preheated oven, or until edges are golden.
- Let cookies cool on the cookie sheet for 2 minutes before removing to wire racks to cool completely

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:1.0282608733877%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 45.73kcal (2.29%), Fat: 1.79g (2.76%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.74g (2.45%), Sugar: 3.8g (4.23%), Cholesterol: 4.15mg (1.38%), Sodium: 21.58mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Manganese: 0.08mg (3.79%), Vitamin B1: 0.03mg (2.31%), Selenium: 1.52µg (2.17%), Folate: 8.39µg (2.1%), Vitamin B2: 0.02mg (1.44%), Copper: 0.03mg (1.34%), Iron: 0.24mg (1.33%), Vitamin B3: 0.24mg (1.21%), Phosphorus: 11.13mg (1.11%), Fiber: 0.27g (1.08%)