



Cranberry-Nut Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



76 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup brown sugar packed
- 5 tablespoons butter softened
- 0.3 cup cranberries dried
- 1 large eggs
- 1 large egg whites
- 3.3 ounces flour all-purpose
- 2 tablespoons honey

- 0.8 cup rolled oats
- 0.3 teaspoon salt
- 2.5 tablespoons semisweet chocolate chips
- 0.8 teaspoon vanilla extract
- 2.5 tablespoons walnut pieces finely chopped
- 3.5 ounces flour whole wheat

Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- measuring cup

Directions

- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, oats, baking powder, and the next 5 ingredients (through chips) in a large bowl.
- Combine sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- Add honey, vanilla, egg, and egg white; beat well.
- Add flour mixture to sugar mixture; beat at low speed until well blended. Cover and refrigerate 8 hours or overnight.
- Preheat oven to 35
- Drop batter by tablespoonfuls onto a baking sheet coated with cooking spray.
- Bake at 350 for 10 minutes. Cool 2 minutes on pans.
- Remove from pans, and cool completely on wire racks.

Nutrition Facts



■ PROTEIN 6.8% ■ FAT 31.93% ■ CARBS 61.27%

Properties

Glycemic Index:9.15, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:2.0934782813749%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 76.04kcal (3.8%), Fat: 2.77g (4.26%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 11.25g (4.09%), Sugar: 6.47g (7.19%), Cholesterol: 9.41mg (3.14%), Sodium: 47.34mg (2.06%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 1.33g (2.66%), Manganese: 0.24mg (11.77%), Selenium: 3.9µg (5.57%), Vitamin B1: 0.05mg (3.05%), Phosphorus: 29.55mg (2.95%), Fiber: 0.71g (2.85%), Magnesium: 10.39mg (2.6%), Iron: 0.45mg (2.5%), Copper: 0.05mg (2.5%), Folate: 8.05µg (2.01%), Vitamin B2: 0.03mg (1.97%), Vitamin B3: 0.34mg (1.71%), Zinc: 0.23mg (1.5%), Calcium: 12.07mg (1.21%), Vitamin B6: 0.02mg (1.16%), Vitamin A: 56.99IU (1.14%), Potassium: 38.94mg (1.11%)