

Cranberry-Nut Oatmeal Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 teaspoons kosher salt
- 0.5 cup cranberries dried
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1.5 cups brown sugar light

- 2 cups rolled oats
- 0.5 cup pecans toasted chopped
- 1 cup butter unsalted at room temperature
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- stand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place an oven rack in the upper third of the oven. Line baking sheets with parchment paper.
- Place unsalted butter and light brown sugar into the work bowl of a stand mixer and mix on medium-slow speed until very fluffy, 3 to 4 minutes. Beat in the vanilla extract, followed by eggs, one at a time. Reduce mixer speed to lowest speed and leave running.
- In a separate bowl, whisk together the rolled oats, flour, baking powder, cinnamon, kosher salt, and nutmeg.
- Pour the dry ingredients into the slowly running mixer in thirds; mix in dried cranberries and nuts until just incorporated. Using a large cookie scoop, place dough on prepared baking sheet about 2 inches apart.
- Bake one batch at a time in the preheated oven just until the edges are brown, 17 to 18 minutes. Allow to cool on baking sheets for about 5 minutes before removing to finish cooling on wire racks.

Nutrition Facts



■ PROTEIN 4.86% ■ FAT 43.85% ■ CARBS 51.29%

Properties

Glycemic Index:8.11, Glycemic Load:3.95, Inflammation Score:-2, Nutrition Score:2.801739157461%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 135.72kcal (6.79%), Fat: 6.74g (10.37%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 16.89g (6.14%), Sugar: 10.28g (11.42%), Cholesterol: 23.89mg (7.96%), Sodium: 116.37mg (5.06%), Alcohol: 0.08g (100%), Alcohol %: 0.31% (100%), Protein: 1.68g (3.36%), Manganese: 0.28mg (14.18%), Selenium: 4.16µg (5.94%), Vitamin B1: 0.07mg (4.83%), Phosphorus: 37.96mg (3.8%), Vitamin A: 173.54IU (3.47%), Fiber: 0.85g (3.41%), Iron: 0.61mg (3.38%), Folate: 12.89µg (3.22%), Vitamin B2: 0.05mg (2.94%), Magnesium: 10.52mg (2.63%), Copper: 0.05mg (2.54%), Calcium: 22.14mg (2.21%), Zinc: 0.31mg (2.07%), Vitamin B3: 0.4mg (2%), Vitamin E: 0.25mg (1.69%), Vitamin B5: 0.15mg (1.51%), Potassium: 46.59mg (1.33%)