



Cranberry Oat Yummies

READY IN



30 min.

SERVINGS



36

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.5 cup butter melted
- 2 tablespoons plus
- 1 cup cranberries dried
- 1 eggs
- 0.3 cup egg substitute
- 1 cup flour all-purpose

- 1 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 3 cups oats
- 0.5 teaspoon salt
- 0.5 cup sugar
- 1.5 teaspoons vanilla extract

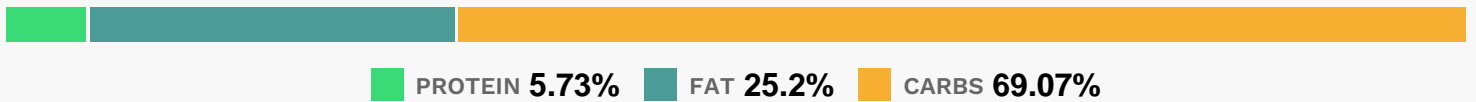
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, beat butter and sugars.
- Add egg, egg substitute, corn syrup and vanilla; mix well.
- Combine the oats, flour, baking soda, cinnamon, baking powder, salt and nutmeg; gradually add to egg mixture and mix well. Stir in cranberries.
- Drop by heaping tablespoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 375° for 8–10 minutes or until golden brown. Cool for 2 minutes before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:6.63, Inflammation Score:-2, Nutrition Score:2.7834782440053%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 111.29kcal (5.56%), Fat: 3.22g (4.96%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 18.93g (6.89%), Sugar: 12.25g (13.61%), Cholesterol: 11.33mg (3.78%), Sodium: 96.87mg (4.21%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.65g (3.3%), Manganese: 0.34mg (16.9%), Selenium: 4.69µg (6.7%), Magnesium: 20.25mg (5.06%), Vitamin B1: 0.07mg (4.51%), Phosphorus: 40.86mg (4.09%), Fiber: 0.94g (3.75%), Iron: 0.6mg (3.33%), Folate: 9.52µg (2.38%), Vitamin B2: 0.04mg (2.35%), Zinc: 0.29mg (1.92%), Copper: 0.04mg (1.84%), Vitamin A: 89.31IU (1.79%), Calcium: 15.79mg (1.58%), Vitamin E: 0.23mg (1.56%), Vitamin B3: 0.29mg (1.46%), Vitamin B5: 0.13mg (1.29%), Potassium: 44.27mg (1.26%)