



Cranberry Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 1.8 cups firmly brown sugar light packed
- ☐ 12 ounce cranberries fresh coarsely chopped
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 1.5 tablespoons honey
- ☐ 18 ounce regular oats uncooked
- ☐ 1 tablespoon orange rind grated

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups butter unsalted
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups walnuts coarsely chopped

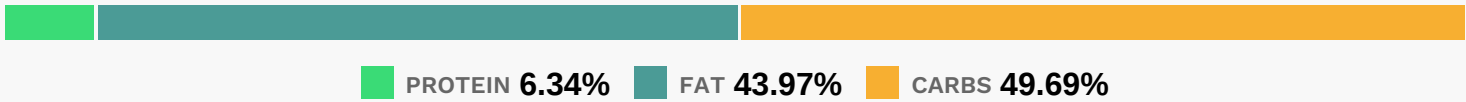
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy.
- ☐ Add eggs and next 3 ingredients, beating until blended.
- ☐ Gradually add flour and oats, beating at low speed until blended. Stir in cranberries, raisins, orange rind, and walnuts. Shape dough by 1/3 cupfuls into 1/2-inch-thick rounds on parchment paper-lined baking sheets.
- ☐ Bake at 350 for 20 minutes or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.04, Glycemic Load:13.13, Inflammation Score:-5, Nutrition Score:9.3600000298542%

Flavonoids

Cyanidin: 6.75mg, Cyanidin: 6.75mg, Cyanidin: 6.75mg, Cyanidin: 6.75mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-

gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 347.83kcal (17.39%), Fat: 17.4g (26.77%), Saturated Fat: 8.05g (50.31%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 40.75g (14.82%), Sugar: 19.5g (21.66%), Cholesterol: 46mg (15.33%), Sodium: 62.76mg (2.73%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 5.65g (11.3%), Manganese: 1.13mg (56.26%), Selenium: 11.64µg (16.62%), Fiber: 3.5g (13.99%), Phosphorus: 136.96mg (13.7%), Vitamin B1: 0.2mg (13.67%), Copper: 0.23mg (11.39%), Magnesium: 45.52mg (11.38%), Iron: 1.85mg (10.27%), Folate: 34.72µg (8.68%), Vitamin A: 387.82IU (7.76%), Zinc: 1.13mg (7.55%), Vitamin B2: 0.13mg (7.47%), Potassium: 181.07mg (5.17%), Vitamin B3: 1mg (5.01%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.47mg (4.67%), Vitamin B6: 0.09mg (4.57%), Calcium: 40.93mg (4.09%), Vitamin C: 2.51mg (3.04%), Vitamin K: 2.44µg (2.32%), Vitamin D: 0.3µg (1.97%), Vitamin B12: 0.06µg (1.02%)