



## Cranberry Oatmeal Drops

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup powdered sugar
- 0.8 cup cranberries chopped
- 1 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 0.3 cup milk
- 2 tablespoons orange juice
- 0.5 teaspoon orange zest
- 1.5 cups oats quick
- 0.3 teaspoon vanilla extract
- 0.3 cup walnut pieces chopped

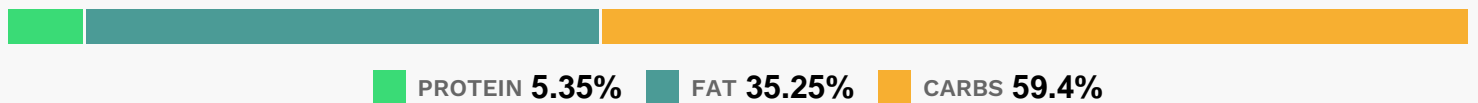
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- Sift together the flour, baking powder, cinnamon and nutmeg, set aside. In a medium bowl, cream the butter and sugar. Stir in the egg, milk and orange zest.
- Add dry ingredients, mix until well blended. Then stir in the quick oats, cranberries and nuts.
- Drop dough by tablespoons onto the prepared cookie sheets about 2 inches apart.
- Bake for 10 to 12 minutes in the preheated oven, cookies should be lightly browned.
- Remove to cool on wire racks.
- In a small bowl, stir together the confectioners' sugar, orange zest and vanilla. Stir in the orange juice 1 tablespoon at a time until desired consistency is reached.
- Drizzle onto cooled cookies.

## Nutrition Facts



## Properties

Glycemic Index:18.29, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:2.6152173902677%

## Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg 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: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg 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: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 113.05kcal (5.65%), Fat: 4.54g (6.99%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.5g (6%), Sugar: 10.35g (11.5%), Cholesterol: 14.82mg (4.94%), Sodium: 46.32mg (2.01%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.55g (3.1%), Manganese: 0.27mg (13.7%), Selenium: 3.71µg (5.3%), Vitamin B1: 0.07mg (4.38%), Magnesium: 15.82mg (3.96%), Phosphorus: 38.55mg (3.86%), Iron: 0.54mg (3%), Folate: 11.92µg (2.98%), Fiber: 0.72g (2.9%), Vitamin B2: 0.04mg (2.48%), Vitamin A: 117.83IU (2.36%), Copper: 0.05mg (2.29%), Calcium: 22.4mg (2.24%), Vitamin B3: 0.33mg (1.66%), Zinc: 0.24mg (1.61%), Vitamin C: 1.05mg (1.27%), Potassium: 44.21mg (1.26%), Vitamin E: 0.19mg (1.26%), Vitamin B5: 0.11mg (1.11%), Vitamin B6: 0.02mg (1.03%)