



Cranberry Orange Oat Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



36

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 1 cup cranberries fresh roughly chopped
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 dash ground nutmeg
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 2 cups rolled oats
- ☐ 0.5 cup sugar white

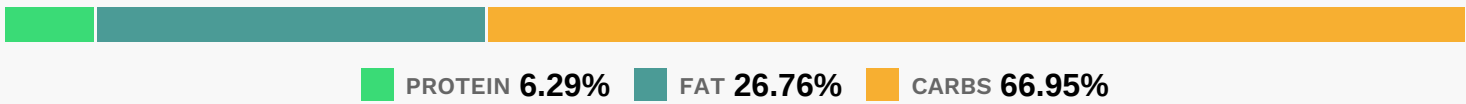
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the butter, white sugar and brown sugar until smooth.
- ☐ Mix in the applesauce, eggs, orange juice and orange zest one at a time, mixing well after each.
- ☐ Combine the flour, baking soda, cinnamon and nutmeg; gradually stir into the orange mixture. Fold in oats and cranberries. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:6.97, Inflammation Score:-1, Nutrition Score:2.5643478165502%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg 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: 1.37mg, Peonidin:

1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 3.18g (4.89%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.08g (6.21%), Sugar: 9.19g (10.21%), Cholesterol: 15.87mg (5.29%), Sodium: 56.41mg (2.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.24mg (11.84%), Selenium: 4.54µg (6.49%), Vitamin B1: 0.08mg (5.22%), Folate: 15.87µg (3.97%), Iron: 0.62mg (3.45%), Vitamin B2: 0.06mg (3.27%), Phosphorus: 32.49mg (3.25%), Fiber: 0.81g (3.24%), Vitamin B3: 0.48mg (2.4%), Magnesium: 9.09mg (2.27%), Vitamin A: 96.62IU (1.93%), Copper: 0.04mg (1.78%), Zinc: 0.25mg (1.7%), Vitamin B5: 0.14mg (1.41%), Potassium: 42.29mg (1.21%), Vitamin C: 0.96mg (1.17%), Calcium: 11.72mg (1.17%), Vitamin E: 0.16mg (1.09%)