



Cranberry-Orange Pistachio Chip Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



203 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup butter softened (2 sticks)
- 0.8 cup granulated sugar
- 0.8 cup brown sugar packed
- 0.8 cup brown sugar packed
- 1.5 teaspoons vanilla extract
- 2 large eggs

- 6 ounces chocolate chips white
- 0.5 cup pistachios chopped
- 0.5 cup cranberries dried reduced-sugar (cranberries)
- 0.3 cup candied orange peel chopped

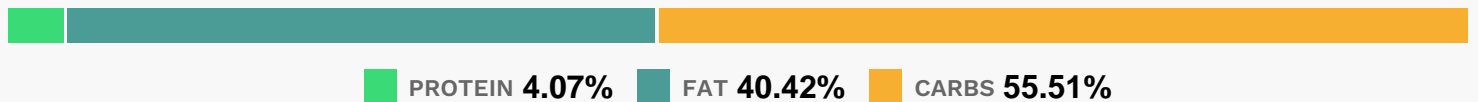
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 375 F.
- Combine flour, baking soda and salt in small bowl.
- Beat butter, granulated sugar, brown sugar and vanilla extract in large bowl until creamy.
- Add eggs, one at a time, beating well after each addition.
- Gradually beat in flour mixture.
- Fold in morsels, nuts, dried cranberries and orange peel.
- Drop by rounded tablespoonfuls onto parchment paper lined baking sheets.
- Bake for 9 to 11 minutes or until golden brown.
- Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:10.5, Inflammation Score:-2, Nutrition Score:2.764347826087%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Taste

Sweetness: 100%, Saltiness: 10.69%, Sourness: 2.45%, Bitterness: 3.34%, Savoriness: 5.3%, Fattiness: 49.85%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 203.31kcal (10.17%), Fat: 9.32g (14.35%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 28.24g (10.27%), Sugar: 21.7g (24.11%), Cholesterol: 29.86mg (9.95%), Sodium: 177.15mg (7.7%), Protein: 2.11g (4.23%), Selenium: 4.5µg (6.44%), Vitamin B1: 0.09mg (5.92%), Manganese: 0.1mg (4.87%), Vitamin B2: 0.08mg (4.7%), Folate: 18.6µg (4.65%), Vitamin A: 217.54IU (4.35%), Phosphorus: 38.12mg (3.81%), Iron: 0.63mg (3.51%), Vitamin B3: 0.59mg (2.95%), Calcium: 28.03mg (2.8%), Vitamin B6: 0.05mg (2.65%), Copper: 0.05mg (2.59%), Vitamin E: 0.36mg (2.4%), Fiber: 0.57g (2.3%), Potassium: 69.29mg (1.98%), Magnesium: 6.69mg (1.67%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.2mg (1.35%), Vitamin B12: 0.07µg (1.24%), Vitamin K: 1.24µg (1.18%)