



## Cranberry-Pecan Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



211 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 teaspoon cinnamon
- ☐ 1.3 cups brown sugar dark (10 oz/280 grams)
- ☐ 1.3 cups cranberries dried (craisins)
- ☐ 1 large eggs
- ☐ 0.8 cup flour (3.4 oz/95 grams)
- ☐ 1 cup ground graham crackers finely
- ☐ 1 cup oats

- ☐ 2 teaspoons orange juice
- ☐ 1.5 teaspoons orange zest
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 scant teaspoon salt
- ☐ 20 servings optional topping: turbinado sugar
- ☐ 8 tablespoons butter unsalted room temperature
- ☐ 1.5 teaspoons vanilla

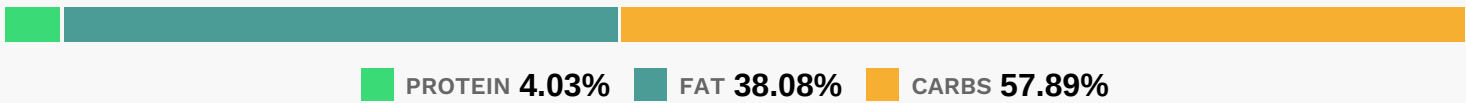
## Equipment

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

## Directions

- ☐ Preheat oven to 350 degrees F. Line two cookie sheets with parchment paper.Cream butter and brown sugar in a mixing bowl using high speed of an electric mixer; Beat in the egg, vanilla, orange zest and orange juice.In another bowl, thoroughly stir together the flour, cinnamon, baking soda and salt. Stir in the oatmeal, graham cracker crumbs and chopped pecans. Stir that mixture into the butter mixture. Stir in the cranberries.Shape dough into large balls—about 2 tablespoons each. Dip tops in turbinado sugar if desired.
- ☐ Bake for 10–12 minutes (up to 15 minutes if you use very generous tablespoons!) or until golden brown.
- ☐ Remove the cookie sheets from the oven and let stand for 2 minutes. Then place cookies on wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:12.8, Glycemic Load:6.01, Inflammation Score:-2, Nutrition Score:4.0199999394624%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 210.52kcal (10.53%), Fat: 9.19g (14.14%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 29.81g (10.84%), Sugar: 21.22g (23.58%), Cholesterol: 21.34mg (7.11%), Sodium: 65.82mg (2.86%), Alcohol: 0.1g (100%), Alcohol %: 0.26% (100%), Protein: 2.19g (4.38%), Manganese: 0.45mg (22.3%), Vitamin B1: 0.1mg (6.77%), Fiber: 1.62g (6.49%), Selenium: 3.99µg (5.7%), Phosphorus: 52.16mg (5.22%), Iron: 0.89mg (4.92%), Copper: 0.1mg (4.91%), Magnesium: 17.43mg (4.36%), Vitamin B2: 0.06mg (3.69%), Folate: 14.77µg (3.69%), Zinc: 0.54mg (3.62%), Vitamin A: 158.47IU (3.17%), Vitamin B3: 0.62mg (3.09%), Vitamin E: 0.41mg (2.71%), Calcium: 25.89mg (2.59%), Potassium: 77.52mg (2.21%), Vitamin B5: 0.19mg (1.9%), Vitamin B6: 0.03mg (1.73%), Vitamin K: 1.27µg (1.21%)