



Cranberry, Pistachio and White Chocolate Chip Oatmeal Cookies

 Vegetarian  Popular

READY IN



20 min.

SERVINGS



12

CALORIES



270 kcal

DESSERT

Ingredients

- 1.1 cup all purpose flour
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed ()
- 0.5 cup butter softened ()
- 0.5 cup cranberries dried
- 1 eggs
- 0.5 cup pistachios dried

- 0.5 cup rolled oats
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup chocolate white coarsely chopped
- 0.5 cup sugar white

Equipment

- bowl
- baking sheet
- oven

Directions

- Cream the butter and sugar in a bowl. Beat in the egg and vanilla extract.
- Mix the flour, baking soda and salt in another bowl.
- Mix the dry ingredients into the wet.
- Mix in the rolled oats, cranberries, pistachios and white chocolate.
- Place the dough onto a cookie sheet one table spoon at a time.
- Bake in a 350F preheated oven for 8-10 minutes.

Nutrition Facts



PROTEIN 5.17% **FAT 40.73%** **CARBS 54.1%**

Properties

Glycemic Index:26.92, Glycemic Load:15.5, Inflammation Score:-3, Nutrition Score:4.843043498371%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 270.4kcal (13.52%), Fat: 12.53g (19.27%), Saturated Fat: 6.39g (39.93%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 35.98g (13.08%), Sugar: 24.64g (27.38%), Cholesterol: 35.13mg (11.71%), Sodium: 168.44mg (7.32%), Alcohol: 0.1g (100%), Alcohol %: 0.23% (100%), Protein: 3.58g (7.16%), Manganese: 0.29mg (14.3%), Vitamin B1: 0.16mg (10.55%), Selenium: 6.97µg (9.95%), Phosphorus: 71.62mg (7.16%), Folate: 27.62µg (6.91%), Vitamin B2: 0.11mg (6.48%), Iron: 1.06mg (5.87%), Fiber: 1.46g (5.86%), Vitamin A: 279.08IU (5.58%), Vitamin B6: 0.11mg (5.55%), Copper: 0.11mg (5.55%), Vitamin B3: 0.88mg (4.42%), Magnesium: 15.8mg (3.95%), Vitamin E: 0.56mg (3.71%), Potassium: 115.7mg (3.31%), Calcium: 32.38mg (3.24%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.24mg (2.39%), Vitamin K: 1.66µg (1.58%), Vitamin B12: 0.08µg (1.33%)