



Cranberry-Pumpkin Cookies



Vegetarian



Popular

READY IN



32 min.

SERVINGS



36

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup cranberries fresh
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon orange zest

- ☐ 0.5 teaspoon salt
- ☐ 1 cup solid pack pumpkin puree
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

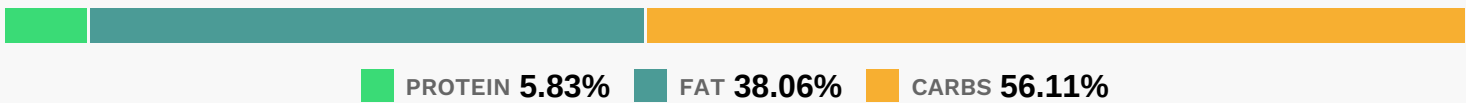
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in vanilla, egg and pumpkin. Sift together the flour, baking powder, baking soda, salt and cinnamon; stir into mixture until well blended.
- ☐ Cut the cranberries in half and stir into mixture along with the orange zest and walnuts. Drop by teaspoonfuls onto cookie sheets.
- ☐ Bake for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:8.38, Inflammation Score:-6, Nutrition Score:3.1252174584762%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg 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 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 Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 89.14kcal (4.46%), Fat: 3.85g (5.92%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 12.11g (4.4%), Sugar: 5.97g (6.64%), Cholesterol: 11.33mg (3.78%), Sodium: 108.92mg (4.74%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.33g (2.65%), Vitamin A: 1147.39IU (22.95%), Manganese: 0.14mg (6.98%), Vitamin B1: 0.07mg (4.65%), Selenium: 3.2µg (4.57%), Folate: 17.46µg (4.36%), Iron: 0.57mg (3.15%), Vitamin B2: 0.05mg (3.13%), Fiber: 0.66g (2.66%), Vitamin B3: 0.51mg (2.56%), Phosphorus: 24.87mg (2.49%), Copper: 0.05mg (2.38%), Calcium: 20.17mg (2.02%), Magnesium: 6.37mg (1.59%), Vitamin K: 1.54µg (1.46%), Vitamin E: 0.21mg (1.42%), Vitamin C: 0.92mg (1.12%), Vitamin B5: 0.1mg (1.02%), Vitamin B6: 0.02mg (1.01%)