



Cranberry Walnut Oatmeal Cookies



Vegetarian



Dairy Free

READY IN



27 min.

SERVINGS



36

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 1 cup pillsbury best® all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 0.8 cup butter shortening or crisco®
- ☐ 1 cup cranberries dried
- ☐ 2 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 2.8 cups old-fashioned rolled oats

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup walnuts chopped

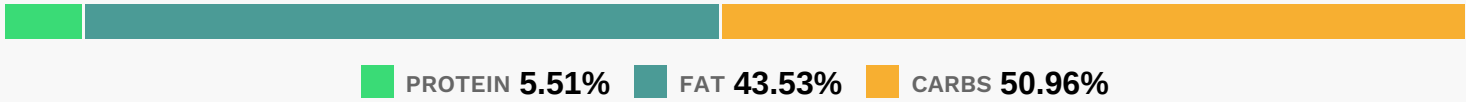
Equipment

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

Directions

- ☐ HEAT oven to 350 degrees F. Coat baking sheets with no-stick cooking spray.
- ☐ BEAT shortening, sugar and brown sugar in large bowl at medium speed of electric mixer until blended. Beat in eggs and vanilla.
- ☐ Combine flour, baking soda, cinnamon and salt in small bowl. Beat into shortening mixture until smooth. Stir in oats, dried cranberries and walnuts. Drop by rounded tablespoonfuls about 2-inches apart on prepared baking sheets.
- ☐ BAKE 10 to 12 minutes or until light brown. Cool on baking sheets 2 minutes.
- ☐ Place on cooling rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:3.2039129849037%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 143.7kcal (7.19%), Fat: 7.14g (10.99%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 17.67g (6.43%), Sugar: 11.24g (12.49%), Cholesterol: 10.33mg (3.44%), Sodium: 52.69mg (2.29%), Alcohol: 0.08g (100%), Alcohol %: 0.3% (100%), Protein: 2.03g (4.07%), Manganese: 0.38mg (19.13%), Selenium: 4.08µg (5.83%), Phosphorus: 46.39mg (4.64%), Vitamin B1: 0.07mg (4.62%), Fiber: 1.14g (4.58%), Copper: 0.09mg (4.39%), Magnesium: 15.39mg (3.85%), Iron: 0.62mg (3.46%), Folate: 12.88µg (3.22%), Vitamin E: 0.41mg (2.76%), Vitamin B2: 0.05mg (2.72%), Vitamin K: 2.78µg (2.64%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.19mg (1.88%), Vitamin B3: 0.34mg (1.69%), Vitamin B6: 0.03mg (1.66%), Potassium: 52.7mg (1.51%), Calcium: 13.26mg (1.33%)