

## Flu-Fighter Cookies

 Vegetarian

READY IN



72 min.

SERVINGS



30

CALORIES



174 kcal

DESSERT

### Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup brown sugar dark packed
- ☐ 1.3 cups cranberries dried
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 tablespoon ginger freshly grated
- ☐ 1.3 cups golden raisins

- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 2 teaspoons lemon zest finely grated 1 lemon
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.5 cup old-fashioned oats
- ☐ 0.3 cup greek yogurt plain low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 stick butter unsalted at room temperature
- ☐ 1.3 cups walnuts toasted roughly chopped

## Equipment

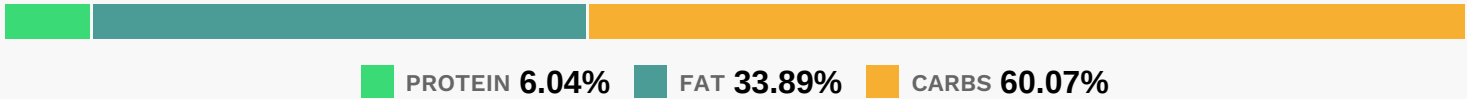
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

## Directions

- ☐ Line 2 large baking sheets with parchment paper.
- ☐ Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salt in a medium bowl.
- ☐ Beat the butter and brown sugar in a large bowl with a mixer on medium speed until light and fluffy, 3 minutes. Beat in the eggs one at a time, fully incorporating each before adding the next.
- ☐ Add the molasses, yogurt, ginger and lemon zest and beat until smooth, scraping the sides of the bowl as needed. Reduce the mixer speed to low and beat in the flour mixture to make a sticky batter (do not overmix). Fold in the oats and half of the raisins, cranberries and walnuts.
- ☐ Mix the remaining dried fruit and nuts in a small bowl and set aside.

- ☐
- Drop heaping tablespoonfuls of batter onto the prepared baking sheets. Top each with some of the reserved dried-fruit-and-nut mixture and chill for 30 minutes. Meanwhile, preheat the oven to 375 degrees.
- ☐
- Bake the cookies until dark golden but still soft, 10 to 12 minutes; cool on a rack. Store in an airtight container for up to 1 week.
- ☐
- Photograph by Marko Metzinger

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:4.4152173503585%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 174.38kcal (8.72%), Fat: 6.84g (10.52%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 25.99g (9.45%), Sugar: 16.71g (18.57%), Cholesterol: 20.58mg (6.86%), Sodium: 74.65mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Manganese: 0.37mg (18.63%), Selenium: 5.7µg (8.14%), Copper: 0.14mg (7.15%), Vitamin B1: 0.1mg (6.73%), Folate: 24.49µg (6.12%), Iron: 1.03mg (5.74%), Magnesium: 22.33mg (5.58%), Phosphorus: 54.67mg (5.47%), Vitamin B2: 0.09mg (5.3%), Fiber: 1.28g (5.12%), Vitamin B6: 0.08mg (4.13%), Potassium: 144.16mg (4.12%), Vitamin B3: 0.77mg (3.83%), Calcium: 37.61mg (3.76%), Zinc: 0.36mg (2.39%), Vitamin A: 113.42IU (2.27%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.28mg (1.89%), Vitamin K: 1.08µg (1.03%)