



Flu-Fighter Cookies

 Vegetarian

READY IN



22 min.

SERVINGS



18

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 1.3 tsp double-acting baking powder
- ☐ 0.8 tsp baking soda
- ☐ 220 grams brown sugar dark packed
- ☐ 1.3 cups cranberries dried
- ☐ 2 large eggs
- ☐ 10.1 ounces flour all-purpose
- ☐ 1 tablespoon ginger freshly grated
- ☐ 0.3 cup greek yogurt sour

- ☐ 0.8 tsp ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 2 tsp lemon zest finely grated (1 lemon)
- ☐ 0.3 cup milk molasses
- ☐ 0.5 tsp nutmeg freshly grated
- ☐ 0.5 cup old-fashioned oats
- ☐ 0.3 tsp salt (I used)
- ☐ 4 oz butter unsalted room temperature
- ☐ 1.3 cups walnuts toasted roughly chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Combine flour, baking powder, baking soda, cinnamon, nutmeg, cloves and salt in a bowl and stir well; set aside. Using an electric mixer, cream the butter and brown sugar in a large bowl until light and fluffy, 3 minutes. Beat in the eggs one at a time. Beat in the molasses ginger and lemon zest, scraping sides of bowl, then fold in the sour cream. By hand or with lowest speed of mixer, stir in the flour mixture. Fold in 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 tablespoons 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 oven to 37
- ☐ Bake the cookies until dark golden but still soft, 10-12 minutes; cool on a rack. Store in an airtight container for up to 1 week.

Nutrition Facts



 PROTEIN **6.78%**  FAT **40%**  CARBS **53.22%**

Properties

Glycemic Index:19.72, Glycemic Load:9.58, Inflammation Score:-3, Nutrition Score:6.1978260900663%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 249.98kcal (12.5%), Fat: 11.48g (17.66%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 32.6g (11.86%), Sugar: 18.56g (20.62%), Cholesterol: 34.76mg (11.59%), Sodium: 134.03mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Manganese: 0.52mg (26.25%), Selenium: 8.76µg (12.51%), Vitamin B1: 0.17mg (11.3%), Folate: 41.04µg (10.26%), Copper: 0.18mg (8.98%), Phosphorus: 82.76mg (8.28%), Vitamin B2: 0.14mg (8.06%), Iron: 1.34mg (7.45%), Fiber: 1.75g (7.01%), Magnesium: 22.87mg (5.72%), Vitamin B3: 1.14mg (5.69%), Calcium: 54.68mg (5.47%), Vitamin A: 195.16IU (3.9%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.46mg (3.09%), Potassium: 102.34mg (2.92%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.24µg (1.62%), Vitamin K: 1.46µg (1.39%)