



Macadamia & cranberry American cookies

 Vegetarian

READY IN



35 min.

SERVINGS



55

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 600 g chocolate bars white chopped
- ☐ 200 g butter
- ☐ 2 eggs
- ☐ 100 g muscovado sugar light
- ☐ 175 g golden caster sugar
- ☐ 2 tsp vanilla extract
- ☐ 350 g flour plain
- ☐ 2 tsp double-acting baking powder

- ☐ 1 tsp cinnamon
- ☐ 100 g cranberry dried
- ☐ 100 g macadamia nut chopped

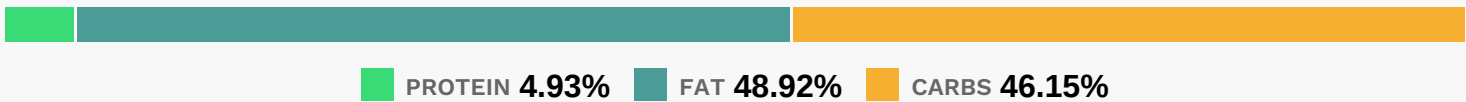
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Melt 170g of the chocolate, then allow to cool. Beat in the butter, eggs, sugars and vanilla, preferably with an electric hand whisk, until creamy. Stir in the flour, baking powder, cinnamon and cranberries with two-thirds of the remaining chocolate and macadamias, to make a stiff dough.
- ☐ Using a tablespoon measure or a small ice-cream scoop, drop small mounds onto a large baking dish, spacing them well apart, then poke in the reserved chocolate, nuts and berries.
- ☐ Bake in batches for 12 mins until pale golden, leave to harden for 1-2 mins, then cool on a wire rack.
- ☐ To freeze, open-freeze the raw cookie dough scoops on baking trays; when solid, pack them into a freezer container, interleaving the layers with baking parchment. Use within 3 months.
- ☐ Bake from frozen for 15-20 mins.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:8.13, Inflammation Score:-1, Nutrition Score:2.7165217302416%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg 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: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg 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: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 143.04kcal (7.15%), Fat: 7.91g (12.17%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 16.44g (5.98%), Sugar: 11.47g (12.75%), Cholesterol: 16.06mg (5.35%), Sodium: 54.82mg (2.38%), Alcohol: 0.05g (100%), Alcohol %: 0.21% (100%), Protein: 1.8g (3.59%), Manganese: 0.22mg (11.16%), Selenium: 3.25µg (4.65%), Phosphorus: 44.67mg (4.47%), Vitamin B2: 0.08mg (4.44%), Vitamin B1: 0.06mg (4.3%), Calcium: 39.34mg (3.93%), Folate: 13.96µg (3.49%), Iron: 0.51mg (2.85%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.4mg (2.7%), Vitamin K: 2.36µg (2.24%), Copper: 0.04mg (2.23%), Vitamin A: 104.54IU (2.09%), Magnesium: 8.19mg (2.05%), Zinc: 0.27mg (1.8%), Potassium: 60.51mg (1.73%), Vitamin B5: 0.14mg (1.41%), Fiber: 0.35g (1.41%), Vitamin B12: 0.08µg (1.36%)