



No-Bake Cranberry Granola Cookies

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 11 oz oats 'n chocolate protein granola dark
- 0.5 cup plus
- 0.3 cup creamy peanut butter
- 1 cup pistachios
- 1 cup cranberries dried sweetened chopped
- 1 teaspoon vanilla

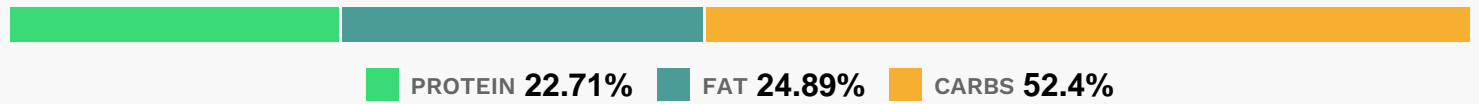
Equipment

- bowl
- baking sheet
- sauce pan

Directions

- Line cookie sheet with waxed paper. In large bowl, mix granola, cranberries and pistachio nuts.
- In 2-quart saucepan, mix brown sugar, corn syrup and peanut butter.
- Heat to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute.
- Remove from heat; stir in vanilla.
- Pour syrup over granola mixture, stirring until evenly coated. Drop mixture by scant 1/4 cupfuls onto waxed paper. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:12.81565217609%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 149.15kcal (7.46%), Fat: 4.53g (6.97%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 18.63g (6.78%), Sugar: 16.87g (18.74%), Cholesterol: 15.29mg (5.1%), Sodium: 71.68mg (3.12%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 9.3g (18.61%), Vitamin B6: 0.87mg (43.39%), Vitamin B1: 0.63mg (41.75%), Vitamin B3: 8.1mg (40.51%), Vitamin B2: 0.66mg (39.09%), Vitamin B5: 3.9mg (38.97%), Vitamin B12: 2.29µg (38.2%), Fiber: 2.83g (11.34%), Calcium: 101.69mg (10.17%), Manganese: 0.12mg (5.95%), Potassium: 178.99mg (5.11%), Copper: 0.08mg (4.22%), Phosphorus: 34.91mg (3.49%), Vitamin E: 0.47mg (3.13%), Magnesium: 11.65mg (2.91%), Iron: 0.32mg (1.76%), Zinc: 0.22mg (1.46%), Folate: 4.99µg (1.25%)