



No-Bake Cranberry Nut Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



303 kcal

DESSERT

Ingredients

- 4 cups chocolate chip cookie mix
- 1 cup cranberries dried sweetened chopped
- 0.5 cup roasted sunflower seeds unsalted
- 0.3 cup cashew pieces
- 0.8 cup brown sugar packed
- 0.5 cup plus
- 0.3 cup creamy peanut butter
- 1 teaspoon vanilla

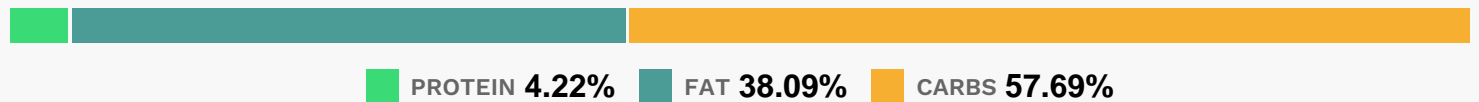
Equipment

- bowl
- sauce pan

Directions

- In large bowl, mix cereal, cranberries, sunflower nuts and cashews.
- 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 cereal mixture, stirring until evenly coated. Drop mixture by slightly less than 1/4 cupfuls onto waxed paper. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:13.68, Inflammation Score:-2, Nutrition Score:4.2352174030536%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 303.21kcal (15.16%), Fat: 13.17g (20.27%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 43.02g (15.65%), Sugar: 29.06g (32.29%), Cholesterol: 3.15mg (1.05%), Sodium: 180.52mg (7.85%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.29g (6.57%), Vitamin B1: 0.16mg (10.35%), Vitamin E: 1.39mg (9.26%), Folate: 35.83µg (8.96%), Fiber: 1.86g (7.43%), Manganese: 0.15mg (7.29%), Phosphorus: 71.78mg (7.18%), Magnesium: 27.27mg (6.82%), Vitamin B3: 1.32mg (6.59%), Copper: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.09%), Iron: 0.83mg (4.6%), Selenium: 2.83µg (4.04%), Zinc: 0.55mg (3.69%), Potassium: 124.27mg (3.55%), Vitamin B5: 0.26mg (2.59%), Vitamin B6: 0.05mg (2.32%), Calcium: 11.53mg (1.15%), Vitamin K: 1.09µg (1.04%)