



No-Bake Cranberry Nut Cookies

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



277 kcal

DESSERT

Ingredients

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

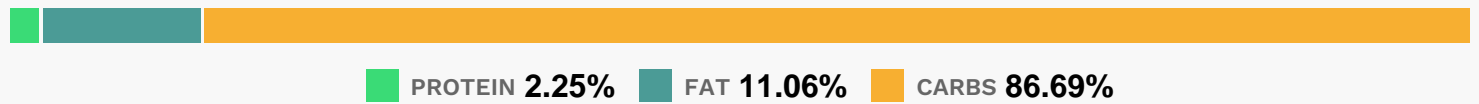
Equipment

- 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:4.6, Glycemic Load:25.5, Inflammation Score:-1, Nutrition Score:3.0404347872119%

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: 276.63kcal (13.83%), Fat: 3.67g (5.65%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 64.74g (21.58%), Net Carbohydrates: 63.88g (23.23%), Sugar: 62.67g (69.64%), Cholesterol: 0mg (0%), Sodium: 41.22mg (1.79%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 1.68g (3.36%), Manganese: 0.19mg (9.55%), Vitamin E: 1.39mg (9.26%), Copper: 0.13mg (6.41%), Phosphorus: 54.72mg (5.47%), Selenium: 3.28µg (4.69%), Magnesium: 15.39mg (3.85%), Fiber: 0.87g (3.47%), Iron: 0.59mg (3.29%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.6mg (2.98%), Vitamin B5: 0.3mg (2.98%), Folate: 10.54µg (2.63%), Potassium: 81.88mg (2.34%), Vitamin B2: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.68%), Calcium: 14.92mg (1.49%), Vitamin K: 1.09µg (1.04%)