



Oatmeal Cookies with A-Peel

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



77 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 2 tablespoons light-colored corn syrup
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar

- 3 cups regular oats
- 0.5 cup orange juice
- 1 tablespoon orange rind grated
- 0.5 teaspoon salt
- 1 cup cranberries dried sweetened (such as Craisins)
- 0.3 cup walnuts coarsely chopped

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 37
- Combine cranberries and orange juice in a bowl; cover and let stand 10 minutes.
- Beat the sugars and butter at medium speed of a mixer until light and fluffy.
- Add corn syrup and egg; beat well. Stir in cranberry mixture.
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, baking soda, baking powder, and salt in a bowl, stirring well with a whisk.
- Add the oats, walnuts, and orange rind; stir well.
- Add to sugar mixture; stir until well-blended.
- Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 375 for 8 minutes or until almost set. Cool on a wire rack.

Nutrition Facts

PROTEIN 6.88% FAT 22.68% CARBS 70.44%

Properties

Glycemic Index:8.71, Glycemic Load:5.07, Inflammation Score:-1, Nutrition Score:2.2221739104261%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 77.11kcal (3.86%), Fat: 2g (3.07%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 13.14g (4.78%), Sugar: 7.14g (7.94%), Cholesterol: 6.42mg (2.14%), Sodium: 62.31mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Manganese: 0.25mg (12.36%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.06mg (4.04%), Fiber: 0.82g (3.3%), Phosphorus: 31.83mg (3.18%), Folate: 10.93µg (2.73%), Iron: 0.48mg (2.65%), Magnesium: 9.93mg (2.48%), Copper: 0.04mg (2.16%), Vitamin B2: 0.04mg (2.09%), Vitamin C: 1.48mg (1.79%), Zinc: 0.26mg (1.74%), Vitamin B3: 0.33mg (1.63%), Vitamin B5: 0.11mg (1.1%), Potassium: 37.61mg (1.07%), Calcium: 10.1mg (1.01%)