



Oatmeal, Cranberry and Chocolate Chunk Cookies

READY IN



46 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 ounce percent cacao bittersweet chocolate bar chopped (recommended: Ghirardelli)
- ☐ 1 cup cranberries dried
- ☐ 1 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 cup brown sugar light

- ☐ 2 cups old fashioned oats
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup sugar
- ☐ 1 stick butter unsalted at room temperature
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Special equipment: a 4-ounce (1/2 cup) ice cream or cookie scoop
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper. Set aside.
- ☐ In a medium bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a stand mixer fitted with a paddle attachment, beat the butter and sugars together until light and fluffy, about 1 minute.
- ☐ Add the egg and vanilla and beat until smooth. With the machine running, gradually add the flour mixture.
- ☐ Add the oats, cranberries and chocolate chunks.
- ☐ Mix until just incorporated (dough will be stiff). Using a 4-ounce cookie scoop, scoop slightly rounded mounds of the dough into 12 (2-inch-diameter) balls. Arrange 6 balls of dough, spaced evenly apart, on each baking sheet. Using the back of a spoon, flatten the tops slightly and bake until the cookies are slightly golden on the edges, about 13 to 15 minutes. Allow the cookies to cool on the baking sheet for 20 minutes before serving.

Nutrition Facts



 PROTEIN **5.05%**  FAT **35.61%**  CARBS **59.34%**

Properties

Glycemic Index:23.51, Glycemic Load:14.73, Inflammation Score:-3, Nutrition Score:7.1634781994735%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 316.23kcal (15.81%), Fat: 12.78g (19.66%), Saturated Fat: 7.22g (45.16%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 44.91g (16.33%), Sugar: 28.22g (31.35%), Cholesterol: 36.31mg (12.1%), Sodium: 172.26mg (7.49%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 8.13mg (2.71%), Protein: 4.08g (8.15%), Manganese: 0.74mg (37.19%), Selenium: 9.83µg (14.04%), Fiber: 3g (12.02%), Phosphorus: 106.65mg (10.67%), Iron: 1.87mg (10.38%), Copper: 0.2mg (10.11%), Vitamin B1: 0.15mg (10.03%), Magnesium: 39.63mg (9.91%), Folate: 25.73µg (6.43%), Vitamin B2: 0.1mg (6.11%), Zinc: 0.89mg (5.96%), Vitamin A: 262.92IU (5.26%), Vitamin B3: 0.92mg (4.6%), Potassium: 139.8mg (3.99%), Vitamin E: 0.6mg (3.97%), Calcium: 38.77mg (3.88%), Vitamin B5: 0.33mg (3.34%), Vitamin K: 2.46µg (2.34%), Vitamin B6: 0.04mg (1.83%), Vitamin D: 0.22µg (1.5%), Vitamin B12: 0.07µg (1.17%)