



Oatmeal-Cranberry Chocolate Chip Cookies

READY IN



45 min.

SERVINGS



27

CALORIES



125 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.3 cup butter softened
- 2 large egg whites
- 1 ounce flour all-purpose
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.8 cup regular oats
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips

- 0.8 cup cranberries dried sweetened coarsely chopped
- 1 teaspoon vanilla extract
- 4.8 ounces flour whole wheat

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- blender
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, oats, baking soda, and salt in a medium bowl.
- Place sugar, butter, and sour cream in a large bowl; beat with a mixer at high speed until smooth.
- Add vanilla and egg whites; beat well. Gradually add flour mixture, stirring until blended. Fold in cranberries and chocolate chips.
- Drop dough by rounded teaspoonfuls 2 inches apart onto 2 baking sheets lined with parchment paper.
- Bake at 350 for 15 minutes or until edges of cookies are browned. Cool on pan 5 minutes.
- Remove cookies from pan; cool on wire racks.

Nutrition Facts



PROTEIN 5.11% **FAT 24.65%** **CARBS 70.24%**

Properties

Glycemic Index:6.11, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:2.9047826021586%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 125.09kcal (6.25%), Fat: 3.53g (5.43%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 21.4g (7.78%), Sugar: 15.61g (17.35%), Cholesterol: 5.46mg (1.82%), Sodium: 107.13mg (4.66%), Alcohol: 0.05g (100%), Alcohol %: 0.19% (100%), Protein: 1.65g (3.3%), Manganese: 0.35mg (17.67%), Selenium: 5.11µg (7.3%), Fiber: 1.23g (4.94%), Magnesium: 17.82mg (4.45%), Copper: 0.08mg (4.06%), Phosphorus: 39.99mg (4%), Iron: 0.64mg (3.55%), Vitamin B1: 0.05mg (3.08%), Zinc: 0.33mg (2.19%), Potassium: 73.42mg (2.1%), Vitamin B3: 0.4mg (2%), Vitamin B2: 0.03mg (1.98%), Calcium: 19.26mg (1.93%), Vitamin B6: 0.03mg (1.55%), Folate: 5.35µg (1.34%), Vitamin E: 0.19mg (1.27%), Vitamin A: 61.63IU (1.23%)