



Old English Lemon-Cranberry Cookies

 Vegetarian

READY IN



55 min.

SERVINGS



30

CALORIES



98 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 2 tablespoons powdered sugar
- 0.8 cup cranberries dried
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cloves

- 1 juice of lemon
- 1 lemon zest
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 1 cup granulated sugar white

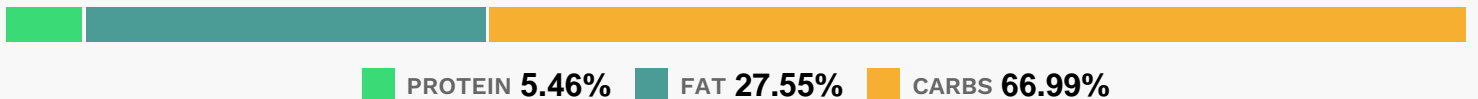
Equipment

- baking sheet
- oven
- mixing bowl
- wire rack
- hand mixer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease 2 baking sheets.
- Mix the flour, sugar, baking soda, walnuts, and cloves together in a large mixing bowl. Beat the egg, applesauce, lemon juice, vanilla, cranberries, lemon zest, and butter together in a separate bowl with an electric hand mixer; pour into the flour mixture and mix well. Drop spoonfuls of the dough 2 inches apart onto the prepared baking sheets.
- Bake in the preheated oven until the edges are golden, about 10 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely. Dust with the confectioners' sugar to serve.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:9.28, Inflammation Score:-1, Nutrition Score:2.0508695678866%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 98.32kcal (4.92%), Fat: 3.09g (4.76%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 16.32g (5.94%), Sugar: 9.89g (10.99%), Cholesterol: 9.52mg (3.17%), Sodium: 51.37mg (2.23%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.38g (2.76%), Manganese: 0.15mg (7.68%), Vitamin B1: 0.07mg (4.98%), Selenium: 3.47µg (4.95%), Folate: 18.26µg (4.57%), Vitamin B2: 0.06mg (3.26%), Iron: 0.5mg (2.78%), Vitamin B3: 0.54mg (2.69%), Copper: 0.05mg (2.41%), Fiber: 0.6g (2.39%), Phosphorus: 19.7mg (1.97%), Magnesium: 5.56mg (1.39%), Vitamin A: 56.98IU (1.14%), Vitamin E: 0.15mg (1.02%)