



Orange-Frosted Cranberry Cookies

 Dairy Free

READY IN



110 min.

SERVINGS



48

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 1 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 teaspoon orange zest grated
- ☐ 2 tablespoons orange juice
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon baking soda

- ☐ 0.5 teaspoon salt
- ☐ 2 cups cranberries fresh coarsely chopped
- ☐ 0.5 cup nuts chopped
- ☐ 1.5 cups powdered sugar
- ☐ 0.5 teaspoon orange zest grated
- ☐ 2 tablespoons orange juice

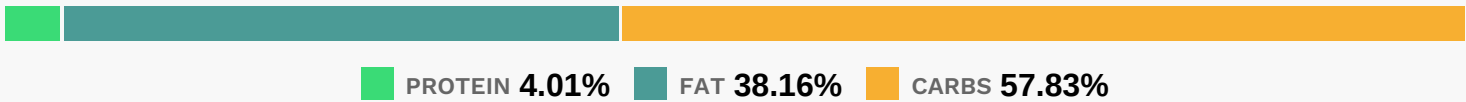
Equipment

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

Directions

- ☐ Heat oven to 375°F. Spray cookie sheet with cooking spray.
- ☐ In large bowl, beat granulated sugar, brown sugar, butter, 1 teaspoon orange peel, 2 tablespoons orange juice and the egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and salt. Stir in cranberries and nuts. Drop dough by rounded tablespoonfuls about 2 inches apart onto cookie sheet.
- ☐ Bake 12 to 14 minutes or until edges and bottoms of cookies are light golden brown.
- ☐ Remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- ☐ In small bowl, stir all frosting ingredients until smooth and spreadable. Frost cookies.

Nutrition Facts



Properties

Glycemic Index:6.74, Glycemic Load:6.81, Inflammation Score:-2, Nutrition Score:1.7547826057543%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 109.87kcal (5.49%), Fat: 4.75g (7.31%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.73g (5.72%), Sugar: 10.37g (11.52%), Cholesterol: 3.41mg (1.14%), Sodium: 82.69mg (3.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Manganese: 0.09mg (4.54%), Vitamin B1: 0.06mg (3.79%), Selenium: 2.57µg (3.67%), Vitamin A: 179.93IU (3.6%), Folate: 13.65µg (3.41%), Vitamin B2: 0.04mg (2.58%), Vitamin B3: 0.47mg (2.35%), Iron: 0.41mg (2.26%), Fiber: 0.47g (1.88%), Phosphorus: 17.26mg (1.73%), Vitamin C: 1.39mg (1.69%), Copper: 0.03mg (1.69%), Vitamin E: 0.22mg (1.44%), Magnesium: 5.69mg (1.42%)