



Outrageous Cranberry-Walnut Oatmeal Cookies

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



18

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 0.5 cup all purpose flour whole wheat white
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup cranberries plus 3 t dried
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups old fashioned oats quick (not cooking)
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup walnuts plus 3 t toasted chopped

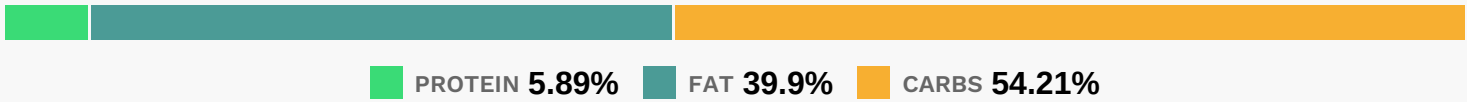
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine oats, flour, baking powder, baking soda, salt and cinnamon; set aside. Beat butter and sugars until light and fluffy.
- ☐ Add egg and vanilla; beat until combined.
- ☐ Add oat mixture to butter mixture and stir until partially mixed.
- ☐ Add 1/3 cup nuts and 1/3 cup cranberries and stir until fully blended. Scoop dough up by rounded tablespoons and shape into balls. Flatten slightly.
- ☐ Mix the reserved nuts and cranberries together and press a few gently into the top . Arrange 2 inches apart on cookie sheets and bake on center rack for 12–15 minutes, until cookies are golden brown, but still soft. Cool on sheets for a few minutes and then transfer to a rack.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:5.46, Inflammation Score:-2, Nutrition Score:3.0960869157444%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 131.49kcal (6.57%), Fat: 5.97g (9.19%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 17.18g (6.25%), Sugar: 10.5g (11.67%), Cholesterol: 20.37mg (6.79%), Sodium: 92.54mg (4.02%), Alcohol: 0.08g (100%), Alcohol %: 0.31% (100%), Protein: 1.98g (3.97%), Manganese: 0.36mg (18.21%), Selenium: 4.24µg (6.06%), Phosphorus: 47.26mg (4.73%), Vitamin B1: 0.07mg (4.49%), Fiber: 1.07g (4.28%), Copper: 0.07mg (3.68%), Magnesium: 14.65mg (3.66%), Iron: 0.63mg (3.48%), Folate: 12.15µg (3.04%), Vitamin B2: 0.05mg (2.74%), Vitamin A: 132.22IU (2.64%), Zinc: 0.38mg (2.55%), Calcium: 18.02mg (1.8%), Vitamin B3: 0.33mg (1.65%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.23mg (1.54%), Potassium: 52.56mg (1.5%), Vitamin B6: 0.03mg (1.41%)