



Very Cranberry Chocolate Chip Cookies

READY IN



30 min.

SERVINGS



12

CALORIES



173 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 banana mashed
- ☐ 0.3 cup brown sugar
- ☐ 0.1 cup butter
- ☐ 0.5 cup cranberries dried
- ☐ 0.1 cup honey
- ☐ 0.1 cup oat bran
- ☐ 0.1 cup natural peanut butter
- ☐ 1 pinch pumpkin pie spice

- ☐ 0.5 cup rolled oats
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 2 tablespoons sunflower seeds
- ☐ 1 teaspoon vanilla extract
- ☐ 0.6 cup flour whole wheat

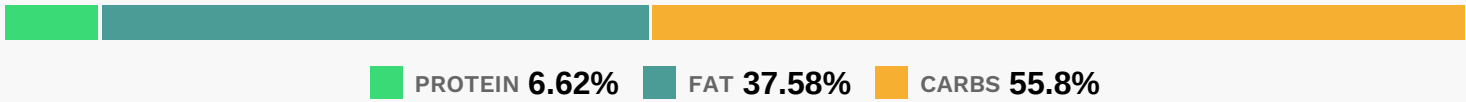
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the brown sugar, honey, butter and peanut butter until smooth. Stir in the banana and vanilla.
- ☐ Combine the whole wheat flour, oat bran, oats, baking soda, salt and pumpkin pie spice in a separate bowl. Stir the dry ingredients into the wet ingredients until it forms a smooth dough.
- ☐ Mix in the cranberries, chocolate chips and sunflower seeds. Drop by spoonfuls onto an ungreased baking sheet.
- ☐ Bake for 10 to 12 minutes in the preheated oven, until cookies are lightly browned at the edges.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:3.29, Inflammation Score:-2, Nutrition Score:5.7869565188885%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 172.61kcal (8.63%), Fat: 7.57g (11.64%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 22.8g (8.29%), Sugar: 14.82g (16.46%), Cholesterol: 5.53mg (1.84%), Sodium: 76.83mg (3.34%), Alcohol: 0.11g (100%), Alcohol %: 0.33% (100%), Caffeine: 6.45mg (2.15%), Protein: 3g (6%), Manganese: 0.66mg (33.25%), Magnesium: 41.53mg (10.38%), Selenium: 7.22µg (10.32%), Fiber: 2.49g (9.96%), Copper: 0.19mg (9.49%), Phosphorus: 87.45mg (8.74%), Vitamin E: 1.11mg (7.43%), Iron: 1.14mg (6.34%), Vitamin B1: 0.09mg (6.32%), Vitamin B3: 0.99mg (4.96%), Zinc: 0.7mg (4.67%), Vitamin B6: 0.09mg (4.55%), Potassium: 140.05mg (4%), Folate: 11.77µg (2.94%), Vitamin B2: 0.04mg (2.39%), Vitamin B5: 0.2mg (2.03%), Calcium: 17.78mg (1.78%), Vitamin A: 67.6IU (1.35%), Vitamin K: 1.37µg (1.31%)