



White Chocolate, Cranberry, Oatmeal & Walnut Cookies

READY IN



22 min.

SERVINGS



13

CALORIES



695 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 pinch ground pepper
- 1 teaspoon cinnamon
- 1.5 cups raisins
- 1 teaspoon cumin
- 1 cup t brown sugar dark packed
- 2 large eggs

- 2 cups flour all-purpose
- 1 pinch ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon nutmeg
- 3 cups rolled oats instant (not)
- 1 teaspoon salt
- 1 cup sugar
- 1 cup butter unsalted softened
- 2 teaspoons vanilla
- 1 cup walnut pieces chopped
- 16 ounce chocolate chips white

Equipment

- baking sheet
- oven
- wire rack
- blender

Directions

- Preheat oven to 35
- Mix dry ingredients (flour, baking soda, baking powder, salt, spices); set aside. Cream wet ingredients (butter, sugars, eggs, vanilla) with a mixer until light and fluffy. Stir the flour mixture into the creamed mixture and mix for 3 minutes.
- Add the oats, chips, raisins & walnuts; stir to incorporate. Form 2 inch sized balls. Drop 2- inches apart onto baking sheet sprayed with nonstick spray.
- Bake 11-13 minutes (on center rack), until golden, but still moist beneath cracks on top.
- Remove from oven; let cookies sit on baking sheet for 2 minutes before transferring to a wire rack to cool.

Nutrition Facts



■ PROTEIN 5.1% ■ FAT 42.52% ■ CARBS 52.38%

Properties

Glycemic Index:36.85, Glycemic Load:40.32, Inflammation Score:-5, Nutrition Score:13.283478297617%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 694.92kcal (34.75%), Fat: 33.67g (51.81%), Saturated Fat: 16.83g (105.18%), Carbohydrates: 93.35g (31.12%), Net Carbohydrates: 89.37g (32.5%), Sugar: 63.15g (70.17%), Cholesterol: 73.49mg (24.49%), Sodium: 347.63mg (15.11%), Alcohol: 0.21g (100%), Alcohol %: 0.17% (100%), Protein: 9.09g (18.18%), Manganese: 1.27mg (63.31%), Selenium: 16.96µg (24.22%), Phosphorus: 219.51mg (21.95%), Vitamin B1: 0.3mg (19.81%), Vitamin B2: 0.29mg (16.79%), Fiber: 3.98g (15.92%), Copper: 0.3mg (14.8%), Folate: 56.92µg (14.23%), Iron: 2.54mg (14.12%), Calcium: 136.58mg (13.66%), Magnesium: 53.27mg (13.32%), Zinc: 1.51mg (10.05%), Vitamin A: 495.99IU (9.92%), Vitamin B3: 1.84mg (9.22%), Vitamin E: 1.28mg (8.53%), Potassium: 279.49mg (7.99%), Vitamin B5: 0.75mg (7.49%), Vitamin B6: 0.12mg (6.17%), Vitamin K: 6.23µg (5.94%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.42µg (2.77%)