



WHATSheATE



HEALTH SCORE

78%

White Chocolate-Dipped Oatmeal-Cranberry Cookies



Very Healthy

READY IN



46 min.

SERVINGS



1

CALORIES



8299 kcal

DESSERT

Ingredients

- ☐ 12 ounce chocolate baking bars white with ghirardelli) coarsely chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups pecans toasted
- ☐ 1.3 cups quick-cooking oats uncooked
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 2 cups cranberries dried sweetened with craisins)
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugars, beating well.
- ☐ Add egg and vanilla, beating until blended.
- ☐ Combine flour and next 3 ingredients; gradually add to butter mixture, beating until blended. Stir in cranberries, pecans, and oats.
- ☐ Drop dough by heaping tablespoonfuls 2" apart onto lightly greased baking sheets.
- ☐ Bake at 375 for 9 to 11 minutes or until lightly browned. Cool on baking sheets 2 minutes.
- ☐ Transfer to wire racks to cool completely.
- ☐ Microwave white chocolate and shortening in a medium-size microwave-safe bowl on HIGH 1 minute or until chocolate melts, stirring once. Dip half of each cookie into melted chocolate, letting excess drip back into bowl.
- ☐ Place dipped cookies on wax paper; let stand until firm.

Nutrition Facts



PROTEIN 3.92% FAT 49.02% CARBS 47.06%

Properties

Glycemic Index:382.09, Glycemic Load:388.26, Inflammation Score:-10, Nutrition Score:79.916956569837%

Flavonoids

Cyanidin: 19.01mg, Cyanidin: 19.01mg, Cyanidin: 19.01mg, Cyanidin: 19.01mg Delphinidin: 12.15mg, Delphinidin: 12.15mg, Delphinidin: 12.15mg, Delphinidin: 12.15mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg, Epigallocatechin: 9.21mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg, Epigallocatechin 3-gallate: 3.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 5.82mg, Myricetin: 5.82mg, Myricetin: 5.82mg, Myricetin: 5.82mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 8298.7kcal (414.93%), Fat: 465.2g (715.69%), Saturated Fat: 126.9g (793.14%), Carbohydrates: 1004.75g (334.92%), Net Carbohydrates: 959.24g (348.81%), Sugar: 700.35g (778.17%), Cholesterol: 257.44mg (85.81%), Sodium: 5072.39mg (220.54%), Alcohol: 4.47g (100%), Alcohol %: 0.32% (100%), Protein: 83.7g (167.4%), Manganese: 14.28mg (714.11%), Vitamin B1: 3.89mg (259.1%), Selenium: 160.79µg (229.7%), Phosphorus: 2009.83mg (200.98%), Fiber: 45.51g (182.02%), Vitamin B2: 2.94mg (172.96%), Vitamin A: 8583.41IU (171.67%), Copper: 3.21mg (160.54%), Magnesium: 611.74mg (152.94%), Folate: 577.69µg (144.42%), Vitamin E: 21.42mg (142.81%), Iron: 24.96mg (138.67%), Calcium: 1298.14mg (129.81%), Vitamin B3: 21.75mg (108.77%), Zinc: 15.9mg (105.99%), Potassium: 2871.25mg (82.04%), Vitamin K: 79.68µg (75.88%), Vitamin B5: 7.33mg (73.33%), Vitamin B6: 1.04mg (51.84%), Vitamin B12: 2.58µg (42.95%), Vitamin D: 1µg (6.67%), Vitamin C: 4.44mg (5.38%)