



Almond Chocolate Coconut Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



73 kcal

DESSERT

Ingredients

- 1 cup almonds toasted chopped
- 1.5 cups coconut or flaked
- 1 cup confectioners' sugar
- 4 egg whites
- 0.5 cup flour all-purpose
- 1 cup semi chocolate chips
- 1 teaspoon vanilla extract

Equipment

baking sheet

oven

Directions

Beat egg whites until stiff.

Add sugar and vanilla gradually.

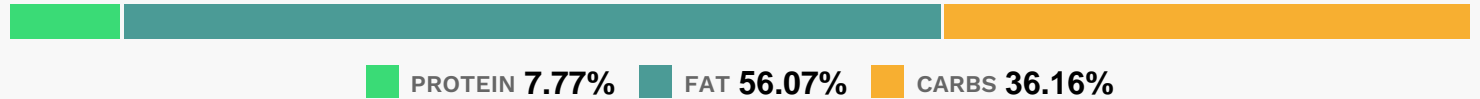
Add coconut and flour; mix well.

Stir in chocolate chips and almonds; drop by teaspoonfuls onto lightly greased cookie sheet.

Bake at 350 degrees F (175 degrees C) for 15 minutes.

Remove and cool.

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:2.2252174160727%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.5kcal (3.62%), Fat: 4.65g (7.16%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.18g (4.64%), Cholesterol: 0.22mg (0.08%), Sodium: 5.62mg (0.24%), Alcohol: 0.03g (100%), Alcohol %: 0.23% (100%), Caffeine: 3.22mg (1.08%), Protein: 1.45g (2.9%), Manganese: 0.2mg (10.01%), Vitamin E: 0.8mg (5.32%), Copper: 0.1mg (5.07%), Fiber: 1.14g (4.56%), Magnesium: 17.61mg (4.4%), Vitamin B2: 0.06mg (3.32%), Phosphorus: 31.34mg (3.13%), Iron: 0.5mg (2.78%), Selenium: 1.88µg (2.69%), Potassium: 63.16mg (1.8%), Zinc: 0.26mg (1.71%), Vitamin B1: 0.02mg (1.28%), Vitamin B3: 0.24mg (1.18%), Calcium: 11.43mg (1.14%), Folate: 4.03µg (1.01%)