



Anzac Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 2 cups rolled oats
- 2 cups sugar
- 1 cup coconut flakes
- 1 cup butter unsalted (2 sticks)
- 2 tablespoons golden syrup
- 0.8 teaspoon baking soda
- 0.3 cup water boiling

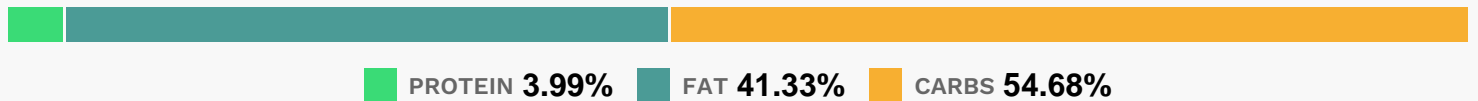
Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Preheat the oven to 350 degrees. Line baking sheets with parchment paper, and set aside. In a large bowl, combine flour, oats, sugar, and coconut. Set aside.
- In a small saucepan over medium heat, melt butter with syrup. Dissolve baking soda in boiling water, and add to butter mixture. Stir to combine. (Be careful; if the butter is hot, it will bubble up considerably.)
- Add butter mixture to dry ingredients, and stir to combine. Using a 1 1/2-inch ice-cream scoop, drop onto prepared baking sheets, about 2 inches apart (be sure to pack the scoop tightly so the mixture doesn't crumble). Flatten cookies slightly with the heel of your hand.
- Bake until golden brown and firm but not hard, about 15 minutes.
- Transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:13.24, Inflammation Score:-2, Nutrition Score:2.6260869778369%

Nutrients (% of daily need)

Calories: 149.83kcal (7.49%), Fat: 7.04g (10.82%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 19.92g (7.24%), Sugar: 12.3g (13.66%), Cholesterol: 13.56mg (4.52%), Sodium: 24.97mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Manganese: 0.28mg (13.82%), Selenium: 4.22µg (6.03%), Vitamin B1: 0.08mg (5.13%), Fiber: 1.03g (4.11%), Folate: 14.55µg (3.64%), Iron: 0.6mg (3.33%), Phosphorus: 32.35mg (3.23%), Vitamin A: 157.58IU (3.15%), Vitamin B2: 0.05mg (2.82%), Magnesium: 10.01mg (2.5%), Copper: 0.05mg (2.42%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.27mg (1.78%), Vitamin E: 0.18mg (1.2%), Potassium: 38.29mg

(1.09%), Vitamin B5: 0.11mg (1.07%)