

Apricot Coconut Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



96 kcal

DESSERT

Ingredients

- 2 tablespoons apricot preserves
- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons butter softened
- 0.5 cup coconut flakes flaked
- 0.5 cup powdered sugar
- 3 ounces cream cheese
- 1.3 cups flour all-purpose
- 1.5 teaspoons milk

0.3 cup sugar

Equipment

bowl

baking sheet

oven

Directions

In a large bowl, combine the flour, sugar and baking powder.

Cut in butter and cream cheese until mixture resembles coarse crumbs.

Add coconut and preserves; mix well.

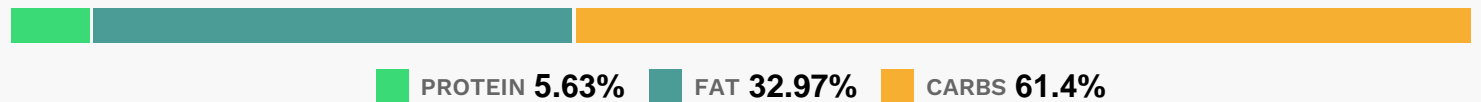
Drop by rounded teaspoonfuls 2 in. apart onto greased baking sheet.

Bake at 350° for 10–12 minutes or until golden brown.

Remove to wire racks to cool completely.

In a small bowl, combine all the glaze ingredients. Spoon over cookies.

Nutrition Facts



Properties

Glycemic Index:19.56, Glycemic Load:6.89, Inflammation Score:-1, Nutrition Score:2.0321739146729%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 96.17kcal (4.81%), Fat: 3.6g (5.54%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 14.45g (5.26%), Sugar: 7.39g (8.21%), Cholesterol: 5.72mg (1.91%), Sodium: 55.04mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.13mg (6.29%), Selenium: 3.88µg (5.54%), Vitamin B1: 0.07mg (4.73%), Folate: 16.56µg (4.14%), Vitamin B2: 0.06mg (3.44%), Iron: 0.54mg (2.99%), Calcium: 27.2mg (2.72%), Phosphorus: 27.19mg (2.72%), Vitamin B3: 0.53mg (2.66%), Fiber: 0.63g (2.51%), Copper:

0.03mg (1.74%), Vitamin A: 79.1IU (1.58%), Magnesium: 4.7mg (1.17%)