



Chewy Coconut Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



68 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1 teaspoon coconut extract
- 0.3 cup plus dark
- 2 egg whites
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 0.7 cup sugar
- 0.3 cup coconut or sweetened flaked

- 2 tablespoons coconut or sweetened flaked toasted
- 1 teaspoon vanilla extract
- 3 tablespoons vegetable oil

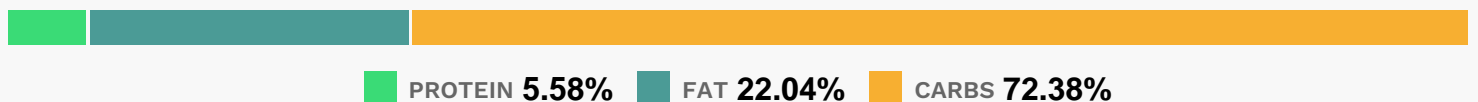
Equipment

- bowl
- baking sheet
- oven

Directions

- Combine first 4 ingredients in a large bowl; stir well.
- Combine corn syrup, oil, extracts, and egg whites; stir well.
- Add corn syrup mixture to dry ingredients, stirring just until dry ingredients are moistened. Stir in 1/3 cup coconut.
- Drop dough by level tablespoons onto baking sheets coated with cooking spray.
- Sprinkle toasted coconut over cookies, and bake at 350 for 8 minutes; let cool on pans 1 minute.
- Remove from pans; let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:8.62, Inflammation Score:-1, Nutrition Score:1.2852173796652%

Nutrients (% of daily need)

Calories: 67.5kcal (3.38%), Fat: 1.67g (2.56%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.97g (4.35%), Sugar: 6.8g (7.56%), Cholesterol: 0mg (0%), Sodium: 51.39mg (2.23%), Alcohol: 0.09g (100%), Alcohol %: 0.58% (100%), Protein: 0.95g (1.9%), Selenium: 3.06µg (4.37%), Vitamin B1: 0.06mg (3.68%), Manganese: 0.07mg (3.34%), Folate: 12.82µg (3.21%), Vitamin B2: 0.04mg (2.53%), Vitamin B3: 0.42mg (2.12%), Iron: 0.36mg (2.01%), Vitamin K: 2.11µg (2%), Fiber: 0.35g (1.39%)