



WHATSheATE



Chewy Coconut-Macadamia Nut Cookies



Dairy Free

READY IN



60 min.

SERVINGS



42

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup brown sugar packed
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon salt
- ☐ 1 cup oats
- ☐ 0.5 cup coconut or
- ☐ 0.5 cup macadamia nuts coarsely chopped

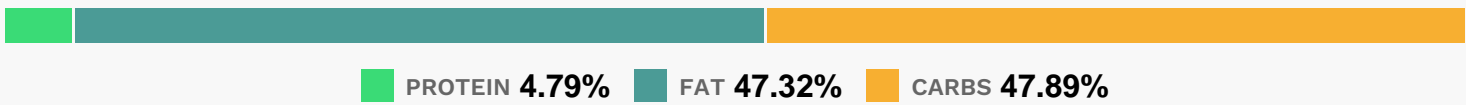
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. In large bowl, beat butter, granulated sugar and brown sugar with electric mixer on medium speed until light and fluffy. Beat in vanilla and eggs until well blended. On low speed, beat in flour, baking soda, cinnamon and salt until well blended. Stir in oats, coconut and nuts.
- ☐ On ungreased cookie sheets, drop dough by rounded teaspoonfuls 2 inches apart.
- ☐ Bake 8 to 10 minutes or until golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:2.3760869551612%

Nutrients (% of daily need)

Calories: 117.29kcal (5.86%), Fat: 6.29g (9.67%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 13.71g (4.98%), Sugar: 7.57g (8.42%), Cholesterol: 7.79mg (2.6%), Sodium: 109.29mg (4.75%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.43g (2.87%), Manganese: 0.22mg (11.04%), Vitamin B1: 0.08mg (5.61%), Selenium: 3.79µg (5.42%), Vitamin A: 204.78IU (4.1%), Folate: 14.38µg (3.59%), Iron: 0.55mg (3.07%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 25.73mg (2.57%), Magnesium: 9.87mg (2.47%), Fiber: 0.61g

(2.44%), Vitamin B3: 0.46mg (2.32%), Copper: 0.04mg (1.84%), Vitamin E: 0.22mg (1.46%), Zinc: 0.17mg (1.13%)