



Chewy Crispy Coconut Cookies

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



60

CALORIES



67 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 1.3 cups coconut or flaked
- 1 cup cornflakes cereal crushed
- 1 eggs
- 1 cup flour all-purpose

- 1 cup rolled oats
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

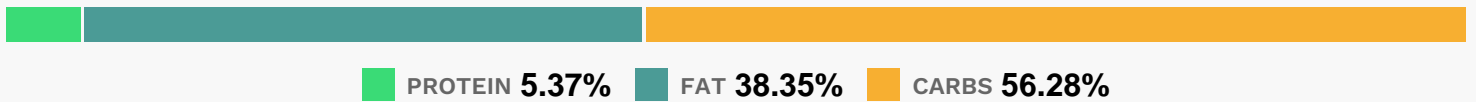
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream together the butter, brown sugar and white sugar until smooth. Stir in the egg and vanilla. Sift together the flour, baking soda, salt and baking powder; stir into the creamed mixture.
- Add the oatmeal, crushed cereal and coconut and mix until combined.
- Drop dough by teaspoonfuls onto a cookie sheet. Cookies should be about 2 inches apart.
- Bake for 10 to 12 minutes in the preheated oven. Cookies should be light brown at the edges and on the bottom.
- Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:2.5543478448754%

Nutrients (% of daily need)

Calories: 67.45kcal (3.37%), Fat: 2.95g (4.54%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.12g (3.32%), Sugar: 3.99g (4.43%), Cholesterol: 6.8mg (2.27%), Sodium: 84.46mg (3.67%), Alcohol: 0.02g (100%), Alcohol %: 0.19% (100%), Protein: 0.93g (1.86%), Iron: 1.39mg (7.71%), Manganese: 0.12mg

(6.17%), Vitamin B1: 0.08mg (5.13%), Folate: 18.91µg (4.73%), Vitamin B2: 0.08mg (4.62%), Vitamin B3: 0.86mg (4.29%), Vitamin B6: 0.08mg (4.03%), Vitamin B12: 0.21µg (3.45%), Selenium: 2.05µg (2.93%), Fiber: 0.63g (2.52%), Vitamin A: 121.66IU (2.43%), Phosphorus: 18.42mg (1.84%), Copper: 0.03mg (1.63%), Magnesium: 5.87mg (1.47%), Vitamin D: 0.16µg (1.04%), Vitamin C: 0.86mg (1.04%), Zinc: 0.15mg (1.02%)