



Chewy Maple Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



97 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup brown sugar packed
- 1 cup coconut or flaked
- 1 eggs
- 1.5 cups flour all-purpose
- 0.5 cup real maple syrup
- 0.5 teaspoon salt
- 0.5 cup shortening

0.5 teaspoon vanilla extract

Equipment

baking sheet

oven

mixing bowl

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.

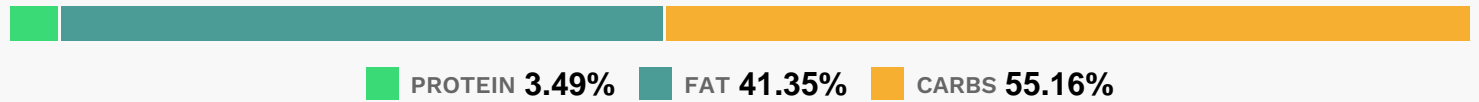
In a mixing bowl, cream shortening and brown sugar until fluffy. Beat in the egg, syrup, and vanilla until well mixed.

Combine flour, baking powder and salt.

Add flour mixture to the creamed mixture. Stir in coconut. Drop by tablespoonfuls 2-inches apart onto greased baking sheets.

Bake at 375 degrees F (190 degrees C) for 10-12 minutes.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:4.03, Inflammation Score:-1, Nutrition Score:1.965652157755%

Nutrients (% of daily need)

Calories: 97.03kcal (4.85%), Fat: 4.54g (6.98%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 13.09g (4.76%), Sugar: 8.81g (9.79%), Cholesterol: 4.55mg (1.52%), Sodium: 60.8mg (2.64%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 0.86g (1.72%), Manganese: 0.21mg (10.38%), Vitamin B2: 0.09mg (5.33%), Selenium: 2.65µg (3.79%), Vitamin B1: 0.05mg (3.09%), Folate: 10.38µg (2.59%), Calcium: 25.14mg (2.51%), Iron: 0.42mg (2.31%), Fiber: 0.53g (2.1%), Phosphorus: 18.03mg (1.8%), Vitamin B3: 0.33mg (1.67%), Copper: 0.03mg (1.51%), Vitamin K: 1.54µg (1.47%), Vitamin E: 0.2mg (1.34%), Magnesium: 4.97mg (1.24%), Potassium: 38.4mg (1.1%)