



Chocolate Chunk Oatmeal Coconut Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds with skins (4 oz), toasted, cooled, and chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 12 oz bittersweet chocolate unsweetened cut into 1/2-inch chunks (2 cups) (not)
- ☐ 1 cup brown sugar packed
- ☐ 1.5 cups coconut shredded unsweetened finely
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 tablespoons granulated sugar
- ☐ 2.3 cups oats

- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened
- ☐ 1.5 teaspoons vanilla

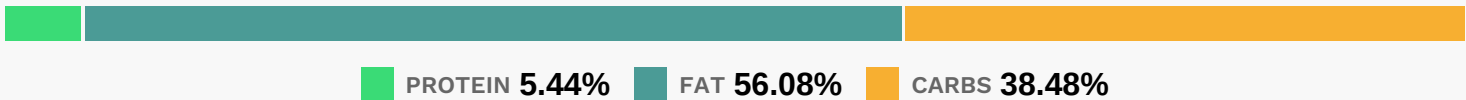
Equipment

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

Directions

- ☐ Preheat oven to 375°F.
- ☐ Beat together butter and sugars in a bowl with an electric mixer at high speed until fluffy.
- ☐ Add eggs and beat until just blended, then beat in vanilla, baking soda, and salt.
- ☐ Add flour and mix at low speed until just blended. Stir in oats, coconut, chocolate, and almonds.
- ☐ Arrange 1/4-cup mounds of cookie dough about 3 inches apart on 2 lightly buttered large baking sheets (about 8 cookies per sheet), then gently pat down each mound to about 1/2 inch thick.
- ☐ Bake in upper and lower thirds of oven, switching position and rotating pans halfway through baking, until golden, 15 to 18 minutes total.
- ☐ Cool cookies on sheets 1 minute, then transfer with a spatula to racks to cool completely. Make more cookies in same manner.
- ☐ You can substitute packaged chocolate chunks instead of cutting up chocolate yourself. Toast nuts in a shallow baking pan in a 350°F oven until golden, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:6.76, Inflammation Score:-4, Nutrition Score:7.8269564425168%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 314.95kcal (15.75%), Fat: 20.04g (30.82%), Saturated Fat: 11.7g (73.12%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 27.39g (9.96%), Sugar: 17.85g (19.84%), Cholesterol: 36.69mg (12.23%), Sodium: 85mg (3.7%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.37g (8.75%), Manganese: 0.77mg (38.46%), Copper: 0.32mg (15.78%), Fiber: 3.55g (14.19%), Magnesium: 55.43mg (13.86%), Phosphorus: 118.01mg (11.8%), Selenium: 7.91µg (11.31%), Iron: 1.96mg (10.9%), Vitamin E: 1.55mg (10.34%), Vitamin B2: 0.12mg (7.31%), Zinc: 1.01mg (6.74%), Vitamin B1: 0.1mg (6.35%), Potassium: 198.43mg (5.67%), Vitamin A: 266IU (5.32%), Folate: 16.79µg (4.2%), Calcium: 39.35mg (3.94%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.3mg (3.04%), Vitamin B6: 0.05mg (2.47%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.23µg (1.5%), Vitamin B12: 0.08µg (1.31%)