



Chocolate Chunk Oatmeal Toasted Coconut Cookies

READY IN



20 min.

SERVINGS



24

CALORIES



315 kcal

DESSERT

Ingredients

- 0.5 teaspoons baking soda
- 2 cups bittersweet chocolate chips dark
- 1 cup firmly brown sugar packed
- 2 large eggs
- 5.5 oz angel flake coconut shredded sweetened packed
- 6 tablespoons granulated sugar
- 2.3 cups old-fashioned oats
- 4 oz pecans toasted chopped

- 0.5 teaspoon salt salted (omit if using butter)
- 1 cup unbleached flour sweet all-purpose (spoon and or fluff, scoop and level)
- 8 oz butter unsalted room temperature (2 sticks)
- 1.5 teaspoons vanilla

Equipment

- bowl
- baking sheet
- oven
- blender
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F. Toast the pecans and coconut. For the coconut, spread it on a rimmed cookie sheet or in a large baking pan and set it on lower rack of oven. Arrange the pecans on a second sheet and place on middle rack.
- Bake both pans together for 8-10 minute, checking and stirring the coconut every 3 minutes or so. The pecans should be ready in 8 minutes and the coconut will be ready when it starts to turn golden around the edges. If baking cookies right away, raise heat to 375 degrees F. Beat the butter with an electric mixer until creamy.
- Add both sugars and beat for 2-3 minutes, scraping sides of bowl. Beat in vanilla, baking soda, and salt. Reduce speed of mixer, add eggs and beat until just until they are blended in. Scrape bowl again and add flour.
- Mix at low speed (or by hand) until blended. Stir in oats, toasted coconut, chocolate, and nuts
- Using about a 1/4 cup measure, scoop up dough to form mounds. Chill the shaped balls/mounds until ready to bake. When ready to bake, arrange mounds 3 inches apart on parchment lined sheet, press down to about 1/2 inch and bake at 375 for 12-15 minutes, turning once. These cookies go from pale to overcooked fairly quickly, so remove from oven when edges are browned and centers are still slightly pale. Mine are usually done in 14 minutes. Makes about 24 large cookies

Nutrition Facts

PROTEIN 5.09% FAT 53.63% CARBS 41.28%

Properties

Glycemic Index:9.88, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:6.1817391365767%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 315.37kcal (15.77%), Fat: 19.16g (29.47%), Saturated Fat: 11.82g (73.89%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 30.96g (11.26%), Sugar: 20.14g (22.37%), Cholesterol: 36.19mg (12.06%), Sodium: 66.68mg (2.9%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 4.09g (8.18%), Manganese: 0.72mg (35.99%), Selenium: 7.81µg (11.16%), Fiber: 2.21g (8.83%), Phosphorus: 86.08mg (8.61%), Zinc: 1.25mg (8.32%), Copper: 0.15mg (7.64%), Magnesium: 27.7mg (6.93%), Calcium: 66.76mg (6.68%), Vitamin B1: 0.09mg (5.97%), Potassium: 189.61mg (5.42%), Vitamin A: 265.5IU (5.31%), Iron: 0.95mg (5.27%), Vitamin E: 0.65mg (4.3%), Vitamin B2: 0.07mg (4.24%), Vitamin B5: 0.39mg (3.95%), Vitamin B6: 0.07mg (3.39%), Folate: 11.2µg (2.8%), Vitamin K: 2.19µg (2.08%), Vitamin B3: 0.4mg (1.99%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.23µg (1.5%)