



Chocolate Coconut Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup cocoa powder
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.8 cup coconut flakes sweetened
- ☐ 1 stick butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure

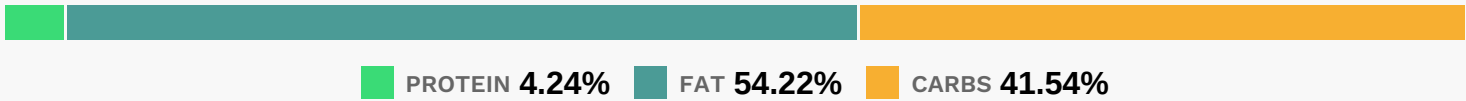
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F. Cover 2 sheet trays with parchment paper.
- ☐ Whisk together the flour, cocoa powder, baking powder, baking soda and salt in a medium bowl.
- ☐ Add the butter and sugars to a large bowl and beat with an electric hand mixer until light and fluffy, about 4 minutes.
- ☐ Add the vanilla and egg and beat until incorporated.
- ☐ Add the flour mixture in increments, beating until well combined. Briefly beat in the coconut flakes, chocolate chips and pecans until mixed together. Using your hands, roll the dough into walnut-size balls and drop 8 on a sheet tray, leaving 2 1/2 inches of space between them. Flatten them slightly.
- ☐ Bake 13 minutes.
- ☐ Let cool on the sheet tray 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:5.46, Inflammation Score:-3, Nutrition Score:4.083478336263%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 192.72kcal (9.64%), Fat: 12g (18.46%), Saturated Fat: 6.34g (39.66%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 18.86g (6.86%), Sugar: 13.54g (15.05%), Cholesterol: 27.15mg (9.05%), Sodium: 103.3mg (4.49%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 7.93mg (2.64%), Protein: 2.11g (4.22%), Manganese: 0.36mg (18.2%), Copper: 0.19mg (9.46%), Fiber: 1.83g (7.31%), Selenium: 4.55µg (6.51%), Magnesium: 25.25mg (6.31%), Iron: 1.08mg (6.01%), Phosphorus: 55.15mg (5.51%), Vitamin B1: 0.07mg (4.9%), Vitamin A: 198.09IU (3.96%), Folate: 13.77µg (3.44%), Zinc: 0.51mg (3.42%), Vitamin B2: 0.06mg (3.38%), Potassium: 102.55mg (2.93%), Calcium: 25.49mg (2.55%), Vitamin B3: 0.5mg (2.52%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.15mg (1.46%), Vitamin B6: 0.02mg (1.14%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.08µg (1.03%)