



Chocolate Coconut Oatmeal Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup chocolate dark finely chopped
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 tablespoons granulated sugar

- ☐ 1 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 0.8 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

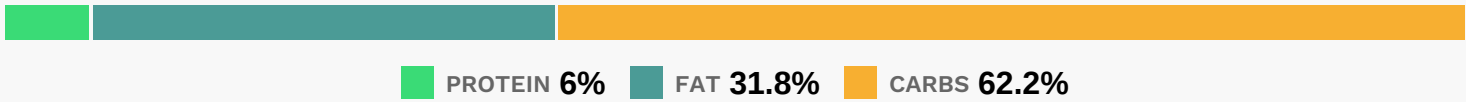
Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, oats, baking powder, baking soda, and salt; stir with a whisk.
- ☐ Place sugars and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- ☐ Add egg, beating well. Beat in vanilla.
- ☐ Add flour mixture to butter mixture; stir just until combined. Stir in coconut and chocolate.
- ☐ Scrape dough onto a lightly floured surface, and divide into 24 portions.
- ☐ Roll each portion into a ball.
- ☐ Place 12 balls on each of 2 baking sheets coated with cooking spray; flatten slightly with the heel of your hand.
- ☐ Bake, 1 sheet at a time, at 350 for 15 minutes or until the tops are set and cookies are lightly browned on the bottoms.

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Remove cookies from pan; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:6.43, Inflammation Score:-1, Nutrition Score:2.3804347709469%

Nutrients (% of daily need)

Calories: 95.73kcal (4.79%), Fat: 3.43g (5.28%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 14.37g (5.22%), Sugar: 8.29g (9.21%), Cholesterol: 12.89mg (4.3%), Sodium: 67.04mg (2.91%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.46g (2.92%), Manganese: 0.23mg (11.44%), Selenium: 3.92µg (5.6%), Vitamin B1: 0.06mg (4.06%), Iron: 0.71mg (3.94%), Magnesium: 15.62mg (3.91%), Phosphorus: 34.31mg (3.43%), Fiber: 0.74g (2.98%), Copper: 0.06mg (2.94%), Folate: 11.73µg (2.93%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.24mg (1.61%), Calcium: 14.29mg (1.43%), Vitamin A: 71.05IU (1.42%), Potassium: 43.7mg (1.25%)