



Chocolate Island Cookies

READY IN



30 min.

SERVINGS



24

CALORIES



170 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar packed
- 1 tablespoon butter softened
- 0.7 cup buttermilk
- 0.7 cup coconut flakes flaked
- 1 cups powdered sugar
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt

- 0.5 cup shortening
- 0.3 cup cream sour
- 0.3 cup strong coffee decoction brewed
- 1.5 ounces baker's chocolate unsweetened cooled melted

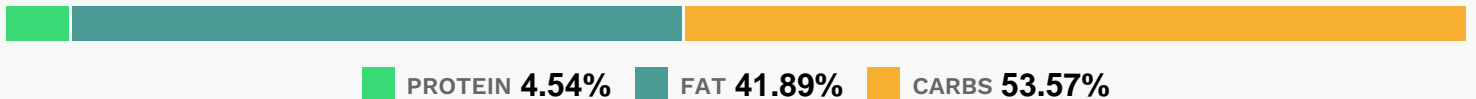
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream shortening and sugar until light and fluffy. Beat in the egg, chocolate and coffee.
- Combine the flour, baking soda and salt; gradually add to creamed mixture alternately with buttermilk, beating well after each addition. Stir in coconut.
- Drop by tablespoonfuls 2 in. apart onto greased baking sheets.
- Bake at 375° for 12–15 minutes or until edges are browned.
- Remove to wire racks to cool.
- For frosting, combine the chocolate, sour cream and butter in a small bowl until smooth.
- Add enough sugar to achieve spreading consistency. Frost cooled cookies.
- Sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:3.2860869431625%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg

Nutrients (% of daily need)

Calories: 170.12kcal (8.51%), Fat: 8.16g (12.55%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 22.51g (8.18%), Sugar: 14.41g (16.02%), Cholesterol: 10.22mg (3.41%), Sodium: 89.74mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 0.22mg (10.87%), Selenium: 5.16µg (7.37%), Vitamin B1: 0.09mg (6.09%), Iron: 0.98mg (5.43%), Folate: 21.27µg (5.32%), Copper: 0.1mg (4.96%), Vitamin B2: 0.08mg (4.85%), Fiber: 0.96g (3.84%), Phosphorus: 34.9mg (3.49%), Vitamin B3: 0.68mg (3.39%), Magnesium: 12.25mg (3.06%), Vitamin K: 2.59µg (2.46%), Zinc: 0.35mg (2.35%), Calcium: 23mg (2.3%), Vitamin E: 0.33mg (2.22%), Potassium: 66.85mg (1.91%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.02mg (1.12%), Vitamin A: 50.4IU (1.01%)