



 **69%**
HEALTH SCORE

Coconut-Almond Chocolate Chip Cookies

 Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



7534 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 1 cup almonds sliced
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon coconut extract
- 2 large eggs beaten
- 2 cups flour all-purpose
- 1 cup brown sugar light packed
- 0.5 teaspoon salt

- 1 cup semi chocolate chips
- 0.5 cup sugar
- 2 cups coconut sweetened flaked
- 19 tablespoons butter unsalted at room temperature (2 sticks plus 3 Tbsp.)
- 1 teaspoon vanilla extract
- 1 cup chocolate chips white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- hand mixer

Directions

- Place almonds in a single layer in a dry skillet; cook over medium heat, stirring often, until lightly toasted and fragrant, about 5 minutes.
- Transfer almonds to a bowl to cool. When cool enough to handle, roughly chop almonds.
- Place racks in upper and lower thirds of oven and preheat to 350F. Line 2 large baking sheets with parchment. In a small bowl, whisk together flour, baking powder and salt. In a large bowl, using an electric mixer on medium-high speed, beat butter with both sugars until light and fluffy, about 3 minutes. Scrape down sides of bowl and beaters. Beat in eggs and extracts. Stir in flour mixture on low speed until combined. Stir in almonds, all chocolate chips and coconut.
- Spoon dough by rounded tablespoons, 2 inches apart, onto baking sheets.
- Bake until edges are brown, 12 to 15 minutes, switching sheets from top to bottom and front to back halfway through.
- Let cookies cool on sheets on wire racks for 5 minutes, then transfer cookies to racks to cool completely. Repeat with remaining dough.

Nutrition Facts



■ PROTEIN 4.56% ■ FAT 52.69% ■ CARBS 42.75%

Properties

Glycemic Index:317.09, Glycemic Load:284.02, Inflammation Score:-10, Nutrition Score:78.860434817231%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 2.38mg, Epigallocatechin: 2.38mg, Epigallocatechin: 2.38mg, Epigallocatechin: 2.38mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 7533.76kcal (376.69%), Fat: 448.28g (689.67%), Saturated Fat: 263.11g (1644.43%), Carbohydrates: 818.35g (272.78%), Net Carbohydrates: 768.51g (279.46%), Sugar: 554.57g (616.19%), Cholesterol: 992.5mg (330.83%), Sodium: 2491.96mg (108.35%), Alcohol: 3.6g (100%), Alcohol %: 0.29% (100%), Caffeine: 154.8mg (51.6%), Protein: 87.36g (174.73%), Manganese: 8.05mg (402.39%), Selenium: 175.72µg (251.03%), Vitamin E: 33.71mg (224.75%), Copper: 4.4mg (219.86%), Vitamin B2: 3.48mg (204.79%), Phosphorus: 2026.23mg (202.62%), Fiber: 49.85g (199.39%), Magnesium: 767.99mg (192%), Iron: 33.27mg (184.81%), Vitamin B1: 2.4mg (160.14%), Vitamin A: 7332.26IU (146.65%), Folate: 572.86µg (143.21%), Calcium: 1313.83mg (131.38%), Vitamin B3: 22.6mg (112.99%), Potassium: 3603.93mg (102.97%), Zinc: 13.55mg (90.33%), Vitamin B5: 5.52mg (55.19%), Vitamin K: 49.01µg (46.68%), Vitamin B12: 2.67µg (44.57%), Vitamin D: 5.99µg (39.93%), Vitamin B6: 0.72mg (36%), Vitamin C: 0.9mg (1.09%)