



## Coconut Almond Cookies

READY IN



29 min.

SERVINGS



29

CALORIES



169 kcal

DESSERT

### Ingredients

- 2 tsp almond extract
- 0.5 cup planters almonds sliced
- 1.5 tsp baking soda
- 0.5 cup butter softened (1 stick)
- 1 eggs
- 1 cup baker's angel flake coconut toasted
- 3 cups flour
- 2 Tbsp honey
- 0.5 cup shortening

1 cup sugar

## Equipment

bowl

baking sheet

oven

hand mixer

## Directions

Preheat oven to 375F.

Mix flour, coconut and baking soda; set aside. Beat butter and shortening in large bowl with electric mixer on medium speed until well mixed.

Add sugar; beat until light and fluffy.

Add egg, honey and almond extract; beat until well blended. Gradually add flour mixture, beating on low speed after each addition until well blended.

Shape level tablespoonfuls of dough into balls.

Place, 2 inches apart, on ungreased baking sheets. Flatten each ball with bottom of drinking glass; press almond slice into center of each cookie.

Bake 9 minutes or until golden brown. Cool 5 minutes; remove from baking sheets. Cool completely on wire racks. Store in tightly covered container at room temperature.

## Nutrition Facts



**PROTEIN 4.9%** **FAT 50.78%** **CARBS 44.32%**

## Properties

Glycemic Index:8.87, Glycemic Load:12.59, Inflammation Score:-2, Nutrition Score:3.2556521417978%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 168.86kcal (8.44%), Fat: 9.68g (14.9%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 17.99g (6.54%), Sugar: 8.44g (9.37%), Cholesterol: 14.06mg (4.69%), Sodium: 94.07mg (4.09%), Alcohol: 0.1g (100%), Alcohol %: 0.36% (100%), Protein: 2.1g (4.21%), Manganese: 0.21mg (10.37%), Selenium: 5.55µg (7.93%), Vitamin B1: 0.11mg (7.2%), Folate: 25.49µg (6.37%), Vitamin B2: 0.1mg (5.61%), Vitamin E: 0.75mg (5%), Iron: 0.8mg (4.42%), Vitamin B3: 0.84mg (4.22%), Fiber: 1.03g (4.11%), Phosphorus: 31.65mg (3.17%), Copper: 0.06mg (3.03%), Magnesium: 10.09mg (2.52%), Vitamin A: 106.01IU (2.12%), Vitamin K: 2.21µg (2.1%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.4%), Potassium: 45.73mg (1.31%)