



## Coconut-Cashew Crunchers

 Dairy Free

READY IN



50 min.

SERVINGS



22

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup brown sugar packed
- 1 cup granulated sugar
- 1 cup butter softened
- 1 teaspoon vanilla
- 1 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt

- 2 cups coconut flakes flaked
- 1.5 cups cashew pieces chopped

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 350°F. In large bowl, beat sugars, butter, vanilla and egg with electric mixer on medium speed, or mix with spoon, until creamy. Stir in flour, baking soda and salt. Stir in coconut and cashews.
- Drop dough by 1/4 cupfuls about 3 inches apart onto ungreased large cookie sheet; flatten slightly.
- Bake 12 to 16 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheet to wire rack.

## Nutrition Facts



## Properties

Glycemic Index:7.74, Glycemic Load:14.78, Inflammation Score:-4, Nutrition Score:6.3217392680438%

## Nutrients (% of daily need)

Calories: 301.91kcal (15.1%), Fat: 17.51g (26.94%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 32.38g (11.78%), Sugar: 19.93g (22.14%), Cholesterol: 7.44mg (2.48%), Sodium: 209.84mg (9.12%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.96g (7.92%), Manganese: 0.46mg (23.12%), Copper: 0.28mg (14.1%), Selenium: 8.78µg (12.55%), Vitamin B1: 0.16mg (10.35%), Magnesium: 37.24mg (9.31%), Phosphorus: 90.16mg (9.02%), Iron: 1.61mg (8.97%), Fiber: 1.93g (7.73%), Vitamin A: 379.88IU (7.6%), Folate: 30.03µg (7.51%), Vitamin B2: 0.1mg (5.76%), Zinc: 0.79mg (5.29%), Vitamin B3: 0.99mg (4.97%), Potassium: 136.06mg (3.89%), Vitamin B6: 0.07mg (3.73%), Vitamin E: 0.46mg (3.08%), Vitamin K: 3.07µg (2.92%), Vitamin B5: 0.25mg (2.53%),

Calcium: 20.05mg (2.01%)