



Coconut-Cashew Crunchers

 Dairy Free

READY IN



50 min.

SERVINGS



22

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1.5 cups cashew pieces chopped
- ☐ 2 cups coconut flakes flaked
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla

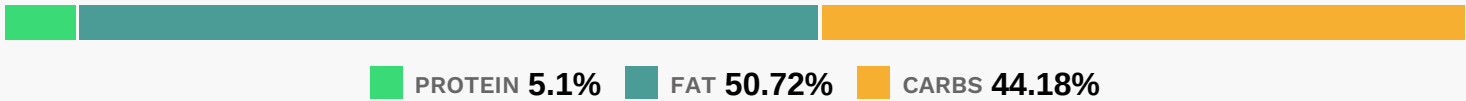
Equipment

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

Directions

- ☐ Heat oven to 350F. 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%)