



Coconut Chocolate Jumbles

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp baking soda
- 0.5 cup butter (1 stick)
- 1 eggs
- 7 oz baker's angel flake coconut (2-)
- 1 cup flour
- 0.3 tsp salt
- 4 oz baker's semi-sweet chocolate chopped (6 oz.)
- 0.8 cup sugar

1 cup planters walnuts toasted chopped

Equipment

bowl

baking sheet

oven

hand mixer

Directions

Preheat oven to 350F. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Blend in egg.

Add flour, baking soda and salt; mix well. Stir in remaining ingredients.

Let stand 15 minutes.

Drop rounded tablespoonfuls of dough, 1-1/2 inches apart, onto ungreased baking sheets.

Bake 10 to 12 minutes or until golden brown. Cool 2 to 3 minutes; transfer to wire racks. Cool completely. Store in tightly covered container at room temperature.

Nutrition Facts



PROTEIN 4.81% **FAT 64.55%** **CARBS 30.64%**

Properties

Glycemic Index:4.13, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:2.6286956946487%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 116.07kcal (5.8%), Fat: 8.63g (13.27%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.24g (5.82%), Cholesterol: 4.26mg (1.42%), Sodium: 76.6mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Manganese: 0.3mg (14.77%), Copper: 0.13mg (6.35%), Fiber: 1.32g (5.26%), Selenium: 2.72µg (3.88%), Magnesium: 14.98mg (3.75%), Phosphorus: 33.92mg (3.39%), Iron: 0.6mg (3.31%), Vitamin B1: 0.04mg (2.61%), Folate: 9.58µg (2.39%), Vitamin A: 109.44IU (2.19%), Zinc: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.94%), Potassium: 62.04mg (1.77%), Vitamin B6: 0.04mg (1.75%), Vitamin B3: 0.27mg (1.36%), Vitamin E: 0.16mg (1.07%)