



Coconut-Cornflake Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 2.5 cups coconut or flaked
- ☐ 1.5 cups cornflakes cereal
- ☐ 3 egg whites
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.3 cups sugar white

Equipment

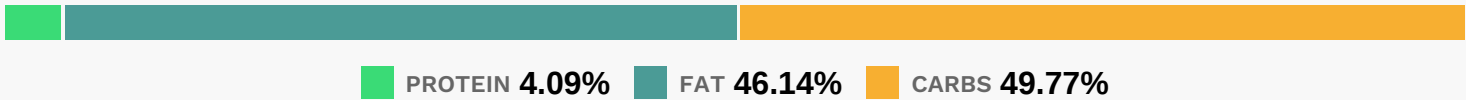
- ☐ baking paper

☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (170 degrees C).
- ☐ Beat egg whites until stiff (the egg whites not your arm).
- ☐ Stir in sugar, salt and vanilla.
- ☐ Blend coconut and cornflakes and add to egg white mixture.
- ☐ Drop on ungreased parchment paper.
- ☐ Bake for 15-18 minutes.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:4.85, Inflammation Score:-1, Nutrition Score:1.5613043381144%

Nutrients (% of daily need)

Calories: 71.32kcal (3.57%), Fat: 3.84g (5.91%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.32g (3.02%), Sugar: 7.5g (8.33%), Cholesterol: 0mg (0%), Sodium: 31.06mg (1.35%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 0.77g (1.53%), Manganese: 0.16mg (8.24%), Fiber: 1g (4%), Iron: 0.54mg (2.99%), Copper: 0.05mg (2.52%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.12%), Vitamin B6: 0.04mg (1.94%), Magnesium: 6.05mg (1.51%), Phosphorus: 13.73mg (1.37%), Vitamin B1: 0.02mg (1.29%), Vitamin B3: 0.25mg (1.24%), Folate: 4.8µg (1.2%), Potassium: 38.31mg (1.09%), Vitamin B12: 0.06µg (1.01%)