



Coconut-Cranberry Chews

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 lb butter at room temperature
- ☐ 1.5 cups cranberries dried
- ☐ 3.3 cups flour all-purpose
- ☐ 1 tablespoon orange peel grated
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1.5 cups coconut or dried sweetened flaked

☐ 2 teaspoons vanilla

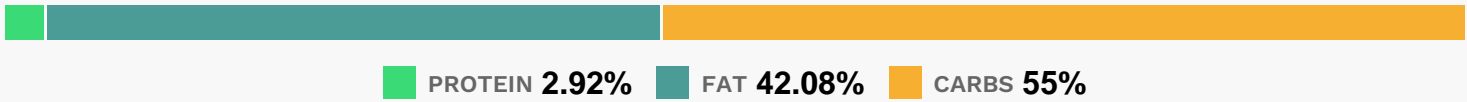
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ In a large bowl, with a mixer on medium speed, beat 1 1/2 cups butter, sugar, orange peel, and vanilla until smooth.
- ☐ In a medium bowl, mix flour, baking powder, and salt.
- ☐ Add to butter mixture, stir to mix, then beat on low speed until dough comes together, about 5 minutes.
- ☐ Mix in cranberries and coconut.
- ☐ Shape dough into 1-inch balls and place about 2 inches apart on buttered 12- by 15-inch baking sheets.
- ☐ Bake in a 350 regular or convection oven until cookie edges just begin to brown, 8 to 11 minutes (shorter baking time will yield a chewier cookie; longer baking time will yield a crispier cookie). If baking two sheets at once in one oven, switch their positions halfway through baking.
- ☐ Let cookies cool on sheets for 5 minutes, then use a wide spatula to transfer to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:7.01, Inflammation Score:-2, Nutrition Score:1.2560869617307%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 92.18kcal (4.61%), Fat: 4.4g (6.77%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.47g (4.53%), Sugar: 8.06g (8.95%), Cholesterol: 0mg (0%), Sodium: 63.87mg (2.78%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 0.69g (1.37%), Vitamin A: 169.36IU (3.39%), Selenium: 2.25µg (3.21%), Manganese: 0.06mg (3.13%), Vitamin B1: 0.05mg (3.03%), Folate: 10.45µg (2.61%), Fiber: 0.47g (1.88%), Vitamin B2: 0.03mg (1.87%), Vitamin B3: 0.36mg (1.81%), Iron: 0.31mg (1.71%), Vitamin E: 0.2mg (1.35%), Phosphorus: 10.39mg (1.04%)