



Coconut-Date Icebox Cookies

 Vegetarian

READY IN



160 min.

SERVINGS



48

CALORIES



70 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1.3 cups dates dried pitted finely chopped
- 1 large eggs at room temperature
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.5 cup brown sugar light packed
- 0.3 teaspoon salt fine

- 0.5 cup coconut sweetened flaked
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- stand mixer
- spatula

Directions

- Whisk together the flour, baking powder, cinnamon, and salt in a medium bowl to break up any lumps; set aside.
- Place the butter and sugars in the bowl of a stand mixer fitted with a paddle attachment and beat on medium speed until lightened in color and fluffy, about 3 minutes. Stop the mixer and scrape down the sides of the bowl and paddle with a rubber spatula. Return the mixer to medium speed, add the egg and vanilla, and beat until just incorporated. Stop the mixer and scrape down the sides of the bowl and paddle with the rubber spatula. Turn the mixer to low and slowly add the reserved flour mixture.
- Mix until just incorporated.
- Add the dates and coconut and mix until just incorporated. Turn the dough out onto a clean work surface and divide it in half.
- Roll each portion into a log about 1 1/2 inches in diameter. Wrap each log tightly in plastic wrap and refrigerate until firm, at least 2 hours and up to 3 days. When ready to bake the cookies, heat the oven to 350°F and arrange the racks to divide the oven into thirds.
- Remove the dough logs from the refrigerator, remove the plastic wrap, and slice the dough into 1/4-inch-thick rounds.
- Place on 2 baking sheets about 1/2 inch apart (about 20 cookies will fit on each sheet).

- Place any remaining dough back in the refrigerator.
- Place both sheets in the oven and bake for 6 minutes. Rotate the baking sheets front to back and top to bottom and bake until the edges of the cookies are firm but the tops are still soft, about 6 to 7 minutes more.
- Place the baking sheets on wire racks and let cool for 5 minutes. Using a flat spatula, transfer the cookies to the wire racks to cool completely. Repeat with the remaining dough (you can use the same baking sheets but cool them completely first).

Nutrition Facts

PROTEIN 4.58%

FAT 29.03%

CARBS 66.39%

Properties

Glycemic Index:6.13, Glycemic Load:5.77, Inflammation Score:-1, Nutrition Score:1.3369565212532%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 69.78kcal (3.49%), Fat: 2.31g (3.56%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 11.32g (4.12%), Sugar: 7.24g (8.05%), Cholesterol: 8.89mg (2.96%), Sodium: 26.06mg (1.13%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 0.82g (1.64%), Selenium: 2.42µg (3.45%), Manganese: 0.07mg (3.38%), Vitamin B1: 0.04mg (2.91%), Folate: 10.92µg (2.73%), Fiber: 0.59g (2.35%), Vitamin B2: 0.03mg (2.03%), Iron: 0.35mg (1.93%), Vitamin B3: 0.37mg (1.85%), Phosphorus: 13.62mg (1.36%), Vitamin A: 64.53IU (1.29%), Potassium: 40.99mg (1.17%), Calcium: 11.07mg (1.11%), Copper: 0.02mg (1.06%)