



Coconut-Macadamia Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup coconut or flaked
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup macadamia nuts coarsely chopped
- ☐ 1 cup quick-cooking oats uncooked

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

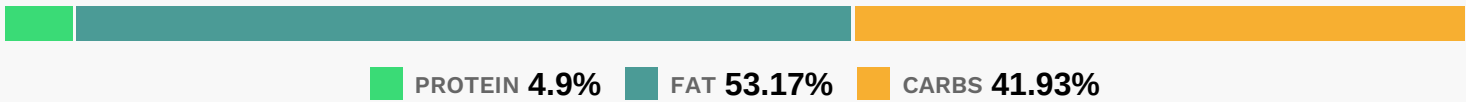
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 5 ingredients at medium speed with an electric mixer until fluffy.
- ☐ Combine flour and next 5 ingredients.
- ☐ Add half of mixture at a time to sugar mixture, beating at low speed until blended.
- ☐ Drop dough by heaping teaspoonfuls 2 inches apart onto lightly greased baking sheets.
- ☐ Bake at 350 for 7 to 10 minutes or until edges are golden brown. Cool on baking sheets 1 minute.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:6.11, Glycemic Load:5.22, Inflammation Score:-2, Nutrition Score:2.5117391470982%

Nutrients (% of daily need)

Calories: 105.95kcal (5.3%), Fat: 6.46g (9.94%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.62g (3.86%), Sugar: 6.06g (6.73%), Cholesterol: 5.17mg (1.72%), Sodium: 64.72mg (2.81%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 1.34g (2.68%), Manganese: 0.32mg (15.77%), Vitamin B1: 0.09mg (6.15%), Selenium: 3.07µg (4.38%), Magnesium: 13.49mg (3.37%), Fiber: 0.84g (3.37%), Iron: 0.53mg (2.94%), Phosphorus: 28.04mg (2.8%), Copper: 0.05mg (2.74%), Folate: 9.89µg (2.47%), Vitamin A: 120.27IU (2.41%), Vitamin B2: 0.04mg (2.32%), Vitamin B3: 0.38mg (1.9%), Zinc: 0.19mg (1.29%), Potassium: 40.34mg (1.15%), Vitamin B6: 0.02mg (1.09%), Vitamin E: 0.16mg (1.04%), Vitamin B5: 0.1mg (1.01%)