



Coconut Oatmeal Cookies II

READY IN



40 min.

SERVINGS



24

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1.3 cups butter softened
- ☐ 0.8 cup coconut or flaked
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2.5 cups rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup chocolate chips white

☐ 0.5 cup sugar white

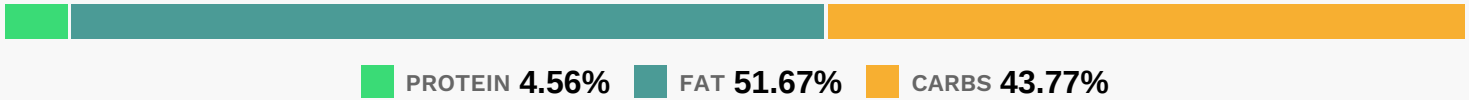
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together butter, brown sugar, and white sugar.
- ☐ Mix in the egg and vanilla.
- ☐ Combine flour and baking soda; blend into creamed mixture. Stir in the rolled oats, coconut, and white chocolate chips. Drop dough by rounded tablespoons onto ungreased cookie sheets.
- ☐ Bake for 10 to 12 minutes in preheated oven, or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:12.27, Inflammation Score:-3, Nutrition Score:4.4900000490572%

Nutrients (% of daily need)

Calories: 248.44kcal (12.42%), Fat: 14.52g (22.35%), Saturated Fat: 9.22g (57.59%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 26.17g (9.52%), Sugar: 15.59g (17.32%), Cholesterol: 33.81mg (11.27%), Sodium: 134.6mg (5.85%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.88g (5.77%), Manganese: 0.44mg (21.94%), Selenium: 6.71µg (9.58%), Vitamin B1: 0.11mg (7.19%), Phosphorus: 68.49mg (6.85%), Vitamin A: 307.6IU (6.15%), Fiber: 1.51g (6.05%), Vitamin B2: 0.09mg (5.23%), Iron: 0.91mg (5.07%), Folate: 19.05µg (4.76%), Magnesium: 17.76mg (4.44%), Copper: 0.07mg (3.74%), Zinc: 0.51mg (3.39%), Vitamin B3: 0.64mg (3.21%), Calcium: 30.81mg (3.08%), Vitamin E: 0.42mg (2.78%), Potassium: 89.65mg (2.56%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 1.72µg (1.63%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.08µg (1.31%)