



WHATSheATE



Coconut Pineapple Cookies



Dairy Free

READY IN



130 min.

SERVINGS



54

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter softened
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs

- ☐ 2 cups oats
- ☐ 1.5 cups coconut flakes flaked
- ☐ 1 cup pineapple dried chopped

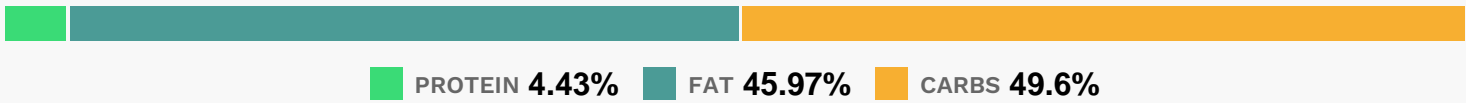
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In medium bowl, mix flour, baking soda and salt. In large bowl, beat butter and both sugars with electric mixer on medium speed 3 minutes or until light and fluffy. Beat in vanilla and egg. On low speed, gradually add flour mixture to butter mixture, beating until blended. Stir in oats, coconut and pineapple. Cover and refrigerate dough 1 hour.
- ☐ Heat oven to 350°F. Onto ungreased cookie sheets, drop dough by tablespoonfuls 2 inches apart.
- ☐ Bake 10 to 12 minutes or until lightly browned. Cool 1 minute; remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:3.9, Inflammation Score:-2, Nutrition Score:1.906521734984%

Nutrients (% of daily need)

Calories: 99.81kcal (4.99%), Fat: 5.22g (8.03%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 11.82g (4.3%), Sugar: 7.29g (8.11%), Cholesterol: 3.03mg (1.01%), Sodium: 84.6mg (3.68%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.13g (2.27%), Manganese: 0.2mg (10%), Selenium: 2.78µg (3.97%), Fiber: 0.85g (3.41%), Vitamin A: 154.77IU (3.1%), Vitamin B1: 0.04mg (2.88%), Iron: 0.45mg (2.53%), Phosphorus: 23.63mg (2.36%), Folate: 7.98µg (2%), Copper: 0.04mg (1.89%), Magnesium: 7.54mg (1.89%), Vitamin B2: 0.03mg (1.76%), Vitamin B3: 0.26mg (1.29%), Zinc: 0.19mg (1.29%), Vitamin E: 0.16mg (1.09%)