

# Coconut Raisin Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



207 kcal

DESSERT

## Ingredients

- 1 cup butter softened
- 2.3 cups coconut flakes flaked
- 1 egg yolk
- 2.3 cups flour all-purpose
- 0.5 cup raisins
- 1 teaspoon vanilla extract
- 1 cup granulated sugar white

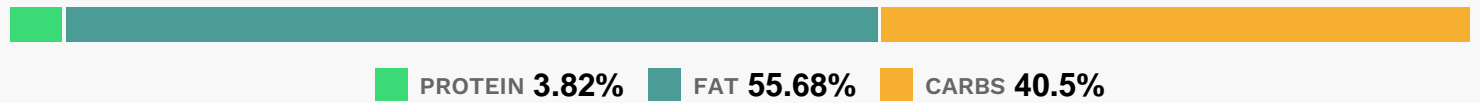
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a medium bowl, cream together the butter, white sugar, egg yolk and vanilla until smooth. Stir in the flour until well blended, then mix in coconut raisins and pecans (if desired). Chill for at least 4 hours or overnight.
- Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets.
- Roll tablespoonfuls of dough into balls or logs and place them 2 inches apart onto the prepared cookie sheets.
- Bake for 25 to 30 minutes in the preheated oven, or until lightly browned.
- Remove from cookie sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:10.58, Glycemic Load:13.56, Inflammation Score:-2, Nutrition Score:3.7226087217746%

## Nutrients (% of daily need)

Calories: 206.99kcal (10.35%), Fat: 13.17g (20.26%), Saturated Fat: 9.52g (59.48%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 19.73g (7.17%), Sugar: 8.97g (9.96%), Cholesterol: 28.44mg (9.48%), Sodium: 65.3mg (2.84%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.03g (4.07%), Manganese: 0.31mg (15.39%), Selenium: 6.03µg (8.61%), Fiber: 1.82g (7.28%), Vitamin B1: 0.1mg (6.8%), Folate: 23.63µg (5.91%), Iron: 0.91mg (5.07%), Vitamin A: 247.18IU (4.94%), Vitamin B2: 0.08mg (4.72%), Copper: 0.09mg (4.54%), Vitamin B3: 0.78mg (3.89%), Phosphorus: 36.54mg (3.65%), Magnesium: 10.9mg (2.73%), Potassium: 84.23mg (2.41%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.28mg (1.87%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.15mg (1.49%)