



## Cornmeal Coconut Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



48

CALORIES



98 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1.3 cups butter softened
- 0.5 cup coconut or shredded
- 1 tablespoon coconut-flavored rum bacardi® (such as )
- 1 eggs
- 1 cup flour all-purpose
- 2 cups finely-ground cornmeal yellow fine goya® (such as Corn Meal)
- 1 lime zest

- 0.3 teaspoon salt
- 1 cup sugar white

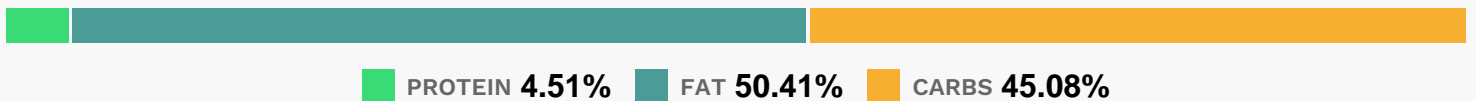
## Equipment

- bowl
- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease several baking sheets, or line with parchment paper.
- Beat the butter and sugar together in a bowl until the mixture is soft and creamy. Beat in the egg until well blended. Stir in the cornmeal about 1/4 cup at a time, stirring to blend well after each addition, then stir in the flour, baking soda, lime zest, coconut, salt, and rum until the mixture forms a soft dough. Drop by rounded teaspoons onto the prepared baking sheets about 2 inches apart.
- Bake in the preheated oven until the edges just turn golden, 8 to 12 minutes, and allow cookies to cool on the baking sheets before removing. Cookies are very fragile when warm.

## Nutrition Facts



## Properties

Glycemic Index:6.37, Glycemic Load:7.27, Inflammation Score:-1, Nutrition Score:1.5821739108018%

## Flavonoids

Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 98.03kcal (4.9%), Fat: 5.59g (8.6%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.44g (3.8%), Sugar: 4.35g (4.83%), Cholesterol: 16.12mg (5.37%), Sodium: 74.78mg (3.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Manganese: 0.07mg (3.66%), Fiber: 0.81g (3.23%),  
Vitamin A: 153.38IU (3.07%), Vitamin B1: 0.04mg (2.8%), Selenium: 1.74µg (2.48%), Phosphorus: 22.15mg (2.21%),  
Vitamin B6: 0.04mg (2.15%), Magnesium: 8.24mg (2.06%), Iron: 0.37mg (2.04%), Folate: 7.95µg (1.99%), Zinc:  
0.25mg (1.68%), Vitamin B3: 0.33mg (1.64%), Vitamin B2: 0.03mg (1.56%), Copper: 0.03mg (1.26%), Vitamin E:  
0.18mg (1.19%)