



Crispy Potato Flake Coconut Pecan Cookies

 Vegetarian

READY IN



22 min.

SERVINGS



60

CALORIES



83 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 3 large eggs room temperature
- 1 cup lightly angel flake coconut flakes packed
- 4.5 ounces flour all-purpose
- 1.5 cups granulated sugar
- 0.7 cup pecans toasted finely chopped

- 2 cups hungry jack potato flakes instant
- 1 teaspoon salt
- 8 ounces butter unsalted room temperature
- 1 teaspoon vanilla

Equipment

- baking sheet
- baking paper
- oven
- mixing bowl
- wire rack
- blender
- hand mixer
- aluminum foil

Directions

- Preheat oven to 375 degrees F. Line two baking sheets with parchment paper or nonstick foil
- In a bowl, stir together flour, cream of tartar, baking soda and salt. Make sure they are well mixed, then stir in the potato flakes and set aside. In a mixing bowl, using an electric mixer, beat the butter and sugar on medium-high speed until light and creamy. Gradually beat in the eggs. Beat in both extracts. By hand or using lowest speed of paddle attachment (if using handheld mixer, do it by hand), stir the flour mixture into the creamed mixture. When mixed, stir in coconut and pecans. Using a rounded teaspoons or a little less than a level tablespoon, shape dough into small balls. Arrange two inches apart on baking sheets and press tops down slightly.
- Sprinkle with a little extra granulated sugar and bake for 8 to 10 minutes or until edges are browned.
- Let the cookies cool on the baking sheet for about 5 minutes, then carefully transfer to a wire rack to finish cooling.

Nutrition Facts



■ PROTEIN 4.42% ■ FAT 54.19% ■ CARBS 41.39%

Properties

Glycemic Index:2.58, Glycemic Load:4.67, Inflammation Score:-1, Nutrition Score:1.6178260886151%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 83.01kcal (4.15%), Fat: 5.13g (7.9%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.29g (3.01%), Sugar: 5.24g (5.82%), Cholesterol: 17.43mg (5.81%), Sodium: 63.72mg (2.77%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.94g (1.88%), Manganese: 0.11mg (5.63%), Vitamin B1: 0.05mg (3.1%), Selenium: 2.13µg (3.05%), Vitamin A: 108.86IU (2.18%), Fiber: 0.54g (2.15%), Vitamin C: 1.65mg (2.01%), Phosphorus: 17.56mg (1.76%), Copper: 0.04mg (1.76%), Vitamin B2: 0.03mg (1.73%), Potassium: 58.01mg (1.66%), Folate: 6.49µg (1.62%), Iron: 0.25mg (1.4%), Vitamin B3: 0.28mg (1.39%), Vitamin B6: 0.03mg (1.35%), Magnesium: 4.92mg (1.23%), Vitamin B5: 0.12mg (1.15%)