



Gluten-Free Coconut Lime Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



12

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 large eggs
- ☐ 0.5 cup all purpose baking flour gluten-free
- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup coconut or shredded unsweetened
- ☐ 2 tablespoons vegetable oil

☐ 0.3 cup sugar white

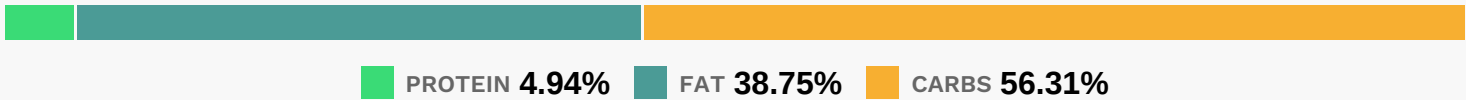
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
- ☐ Beat white sugar, oil, and egg together in a bowl using an electric mixer until creamy and smooth.
- ☐ Whisk flour, coconut, lime zest, and baking powder together in a separate bowl; stir into creamed mixture until dough is just combined. Drop dough by spoonfuls onto the prepared baking sheet.
- ☐ Bake in the preheated oven until cookies are golden around the edges, about 8 minutes.
- ☐ Transfer cookies to a wire rack to cool.
- ☐ Whisk confectioners' sugar and lime juice together in a bowl until smooth; spread over each cookie.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:1.1804347815721%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.34kcal (4.57%), Fat: 4.1g (6.3%), Saturated Fat: 1.58g (9.91%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.57g (4.57%), Sugar: 9.4g (10.44%), Cholesterol: 15.5mg (5.17%), Sodium: 15.64mg (0.68%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.17g (2.35%), Vitamin K: 4.2µg (4%), Fiber: 0.84g (3.34%), Manganese: 0.05mg (2.75%), Selenium: 1.69µg (2.42%), Iron: 0.34mg (1.86%), Vitamin E: 0.24mg (1.61%), Phosphorus: 14.27mg (1.43%), Vitamin B2: 0.02mg (1.35%), Calcium: 11.39mg (1.14%)