



Lemon-Coconut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



84

CALORIES



63 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 1 cup coconut or toasted
- ☐ 2 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 teaspoon salt

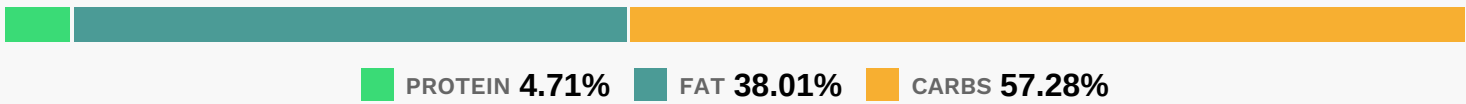
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter and sugars at medium speed with an electric mixer until fluffy.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add grated lemon rind and lemon juice, beating until blended.
- ☐ Combine flour, baking soda, coconut, and salt; gradually add to butter mixture, beating just until blended.
- ☐ Divide dough into 3 equal portions; roll each portion on wax paper to a 12-inch log. Cover and chill 8 hours.
- ☐ Cut each log into 1/2 inch slices (about 28 slices), and place on lightly greased baking sheets.
- ☐ Bake at 350 for 12 to 14 minutes or until edges are lightly browned.
- ☐ Remove to wire racks to cool. Store cookies in an airtight container, or freeze, if desired.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:1.0717391293982%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 62.62kcal (3.13%), Fat: 2.68g (4.13%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.87g (3.22%), Sugar: 5.01g (5.56%), Cholesterol: 10.24mg (3.41%), Sodium: 46.99mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Selenium: 2.3µg (3.29%), Vitamin B1: 0.04mg (2.82%), Folate: 10.52µg (2.63%), Manganese: 0.05mg (2.6%), Vitamin B2: 0.03mg (1.93%), Iron: 0.31mg (1.7%), Vitamin B3: 0.32mg (1.59%), Vitamin A: 73.99IU (1.48%)