



HEALTH SCORE

53%

Lime-Coconut Cookies



Vegetarian

READY IN



585 min.

SERVINGS



1

CALORIES



6327 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 2 tablespoons lime zest
- ☐ 1 cup macadamia nuts finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup coconut or sweetened flaked
- ☐ 1 tablespoon vanilla extract

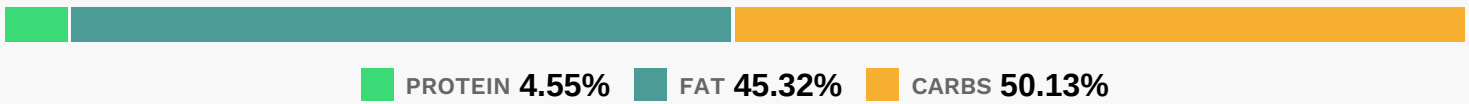
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer until fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour and next 2 ingredients; gradually add to butter mixture, beating just until blended after each addition. Stir in coconut, chopped macadamia nuts, and lime zest.
- ☐ Shape dough into 4 logs (about 2 inches in diameter); wrap each log in plastic wrap. Chill 8 hours to 3 days.
- ☐ Preheat oven to 35
- ☐ Cut each log into 1/4-inch-thick slices; place on parchment paper-lined baking sheets.
- ☐ Bake 8 to 12 minutes or until lightly browned.
- ☐ Remove from baking sheets to wire racks, and cool completely (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:237.09, Glycemic Load:452.03, Inflammation Score:-10, Nutrition Score:65.937826052956%

Flavonoids

Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 6326.85kcal (316.34%), Fat: 324.22g (498.8%), Saturated Fat: 159.09g (994.32%), Carbohydrates: 806.88g (268.96%), Net Carbohydrates: 774.79g (281.74%), Sugar: 447.04g (496.71%), Cholesterol: 860.05mg (286.68%), Sodium: 3604.46mg (156.72%), Alcohol: 4.47g (100%), Alcohol %: 0.4% (100%), Protein: 73.21g (146.41%), Manganese: 9.48mg (473.94%), Vitamin B1: 5.1mg (340.32%), Selenium: 202.97µg (289.95%), Folate: 873.78µg (218.45%), Vitamin B2: 3mg (176.29%), Iron: 29.35mg (163.07%), Vitamin B3: 30.11mg (150.53%), Fiber: 32.09g (128.35%), Vitamin A: 6218.73IU (124.37%), Phosphorus: 1069.24mg (106.92%), Copper: 2.06mg (102.83%), Magnesium: 342.55mg (85.64%), Vitamin B5: 5.01mg (50.09%), Vitamin E: 7.33mg (48.86%), Potassium: 1644.59mg (46.99%), Zinc: 7mg (46.64%), Vitamin B6: 0.82mg (40.85%), Calcium: 399.77mg (39.98%), Vitamin B12: 1.28µg (21.27%), Vitamin K: 17.57µg (16.74%), Vitamin D: 2µg (13.33%), Vitamin C: 5.1mg (6.18%)