



Macadamia Coconut Icebox Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



103 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.5 cups butter softened
- 1 cup coconut or flaked
- 2 cups flour all-purpose
- 2 cups macadamia nuts chopped
- 2 cups rolled oats
- 0.3 teaspoon salt
- 1 tablespoon vanilla extract

1.3 cups sugar white

Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap

Directions

- In a large bowl, cream butter and sugar until fluffy. Stir in vanilla. Sift together flour, baking soda, and salt. Stir into the butter mixture. Then stir in the oatmeal, macadamia nuts and coconut.
- Divide dough into three portions and roll each portion into a log about 2 1/2 inches in diameter. Wrap each log in plastic wrap and put into the refrigerator to chill for 2 hours, or wrap and freeze for up to 2 months.
- Preheat oven to 325 degrees F (165 degrees C). Grease cookie sheets or line them with parchment paper. If frozen, let dough logs sit out at room temperature for 5 minutes.
- Slice each log into 1/4 inch rounds and place about 1 inch apart on prepared baking sheets.
- Bake for 12 to 15 minutes until golden brown.

Nutrition Facts



PROTEIN 4.02% **FAT 64.26%** **CARBS 31.72%**

Properties

Glycemic Index:3.4, Glycemic Load:4.88, Inflammation Score:-1, Nutrition Score:2.1899999671656%

Nutrients (% of daily need)

Calories: 103.49kcal (5.17%), Fat: 7.61g (11.71%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.62g (2.77%), Sugar: 3.78g (4.2%), Cholesterol: 10.17mg (3.39%), Sodium: 54.56mg (2.37%), Alcohol: 0.06g (100%), Alcohol %: 0.41% (100%), Protein: 1.07g (2.14%), Manganese: 0.29mg (14.61%), Vitamin B1: 0.08mg (5.54%), Fiber: 0.83g (3.34%), Selenium: 2.25µg (3.21%), Copper: 0.05mg (2.59%), Magnesium: 9.89mg

(2.47%), Iron: 0.44mg (2.42%), Vitamin A: 118.18IU (2.36%), Phosphorus: 23.56mg (2.36%), Folate: 7.73µg (1.93%),
Vitamin B2: 0.03mg (1.78%), Vitamin B3: 0.33mg (1.66%), Zinc: 0.18mg (1.22%)