



Mom's Island Treasures

READY IN



30 min.

SERVINGS



24

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.9 cup butter softened
- ☐ 1 cup coconut or flaked
- ☐ 1 eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 1 cup milk chocolate chips
- ☐ 1 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup sugar white

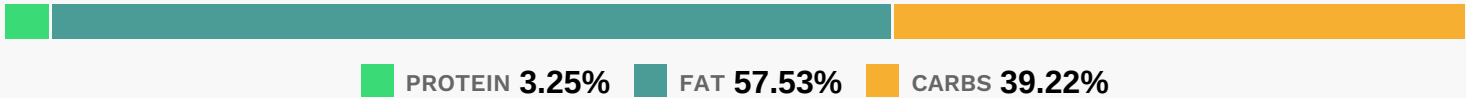
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Sift together the flour, baking powder, baking soda and salt; set aside.
- ☐ In a large bowl, cream together the butter, brown sugar and white sugar. Beat in the egg then stir in the vanilla. Gradually mix in the dry ingredients.
- ☐ Mix in the chocolate chips, coconut and pecans.
- ☐ Roll dough into 1 inch balls and place the cookies 2 inches apart onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 2 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:6.79, Inflammation Score:-2, Nutrition Score:3.5756521578068%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 223.42kcal (11.17%), Fat: 14.68g (22.58%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 22.51g (7.5%),
Net Carbohydrates: 21.26g (7.73%), Sugar: 14.23g (15.82%), Cholesterol: 24.61mg (8.2%), Sodium: 143.78mg (6.25%),
Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 1.87g (3.73%), Manganese: 0.37mg (18.33%), Vitamin B1:
0.1mg (6.76%), Selenium: 4.52µg (6.45%), Copper: 0.1mg (5.01%), Fiber: 1.25g (4.99%), Folate: 18.38µg (4.6%),
Vitamin A: 219.26IU (4.39%), Iron: 0.73mg (4.08%), Phosphorus: 37.9mg (3.79%), Vitamin B2: 0.06mg (3.78%),
Vitamin B3: 0.6mg (3%), Magnesium: 11.66mg (2.92%), Calcium: 26.91mg (2.69%), Zinc: 0.37mg (2.48%), Potassium:
82.69mg (2.36%), Vitamin E: 0.3mg (1.97%), Vitamin B5: 0.15mg (1.52%), Vitamin B6: 0.03mg (1.51%)