



No-Bake Chocolate Coconut Cookies

 Gluten Free

READY IN



60 min.

SERVINGS



24

CALORIES



159 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.5 cup milk
- 3 cups cooking oats quick
- 1 cup coconut or sweetened flaked
- 0.5 cup cocoa powder unsweetened
- 2 cups sugar white

Equipment

- bowl

baking sheet

sauce pan

Directions

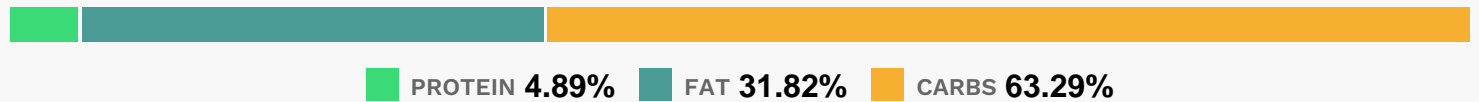
Line a baking sheet with waxed paper.

Mix oats and coconut in a large bowl until thoroughly combined.

Stir sugar, cocoa powder, milk, and margarine together in a saucepan over medium heat until the mixture is smooth. Bring to a boil and cook for 2 minutes, stirring constantly.

Pour over the oats and coconut and quickly mix to coat. Drop by tablespoon onto prepared baking sheet; let cookies cool and harden. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:15.6, Inflammation Score:-3, Nutrition Score:3.9560869417923%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 159.06kcal (7.95%), Fat: 5.96g (9.16%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.7g (8.98%), Sugar: 18.36g (20.4%), Cholesterol: 0.61mg (0.2%), Sodium: 57.47mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.06g (4.12%), Manganese: 0.54mg (26.97%), Magnesium: 38.86mg (9.72%), Fiber: 1.97g (7.86%), Phosphorus: 69.33mg (6.93%), Selenium: 4.47µg (6.38%), Copper: 0.12mg (5.85%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (4%), Vitamin A: 177.4IU (3.55%), Zinc: 0.49mg (3.29%), Potassium: 86.25mg (2.46%), Vitamin B2: 0.03mg (1.7%), Calcium: 15.28mg (1.53%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.1mg (1.04%)