



## Old Fashioned Coconut Drops

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon double-acting baking powder
- 4 tablespoons butter
- 2 cups coconut or shredded
- 1 eggs beaten
- 1 cup flour all-purpose sifted
- 2 teaspoons ground cinnamon
- 0.5 cup raisins
- 2 teaspoons vanilla extract

0.5 cup sugar white

## Equipment

baking sheet

oven

mixing bowl

## Directions

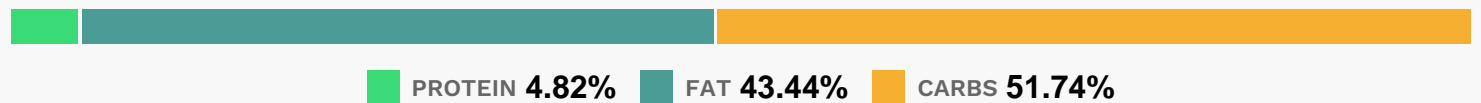
Preheat oven to 400 degrees F (200 degrees C). Grease cookie sheets.

Combine flour and margarine in a medium size mixing bowl.

Mix in sugar, cinnamon and baking powder. Stir the egg into the mixture. Once the egg is well incorporated stir in the coconut, raisins and vanilla. Drop the dough in rough heaps the size of an egg onto cookie sheets.

Bake 8 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:20.05, Glycemic Load:9.52, Inflammation Score:-1, Nutrition Score:2.6695651787779%

## Nutrients (% of daily need)

Calories: 117.8kcal (5.89%), Fat: 5.84g (8.99%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 14.28g (5.19%), Sugar: 6.19g (6.88%), Cholesterol: 15.78mg (5.26%), Sodium: 50.19mg (2.18%), Alcohol: 0.15g (100%), Alcohol %: 0.61% (100%), Protein: 1.46g (2.92%), Manganese: 0.23mg (11.61%), Selenium: 4.1µg (5.85%), Fiber: 1.38g (5.52%), Vitamin B1: 0.07mg (4.41%), Folate: 16.4µg (4.1%), Iron: 0.73mg (4.07%), Vitamin B2: 0.06mg (3.37%), Copper: 0.06mg (3.2%), Phosphorus: 31.19mg (3.12%), Vitamin B3: 0.51mg (2.55%), Potassium: 78.2mg (2.23%), Calcium: 20.92mg (2.09%), Vitamin A: 91.6IU (1.83%), Magnesium: 6.18mg (1.55%), Zinc: 0.19mg (1.29%), Vitamin B5: 0.1mg (1.01%), Vitamin B6: 0.02mg (1.01%)