



Orange-Coconut Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



89 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 lb butter at room temperature
- 1 cup cornstarch
- 1 large eggs
- 1.5 cups flour all-purpose
- 1 teaspoon orange peel grated
- 0.3 teaspoon salt
- 1 cup sugar

- 1.3 cups coconut or dried shredded sweetened
- 1 teaspoon vanilla

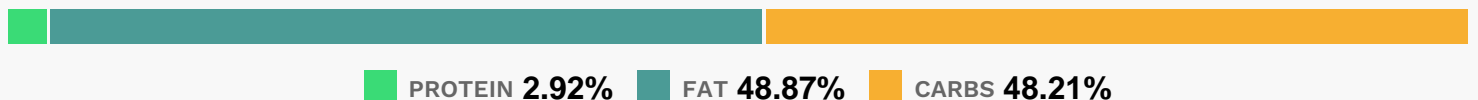
Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula

Directions

- In a bowl, with an electric mixer on medium speed, beat butter and sugar until smooth. Beat in egg, orange peel, and vanilla until well blended, scraping down sides of bowl as needed.
- In another bowl, stir together flour, cornstarch, baking powder, and salt. Stir or beat into butter mixture until well blended. Stir in coconut. Cover bowl and chill until dough is firm, about 2 hours.
- Shape dough into 1-inch balls. Arrange about 2 inches apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets. With a lightly floured fork, flatten each ball to about 1/4 inch thick.
- Bake cookies in a 375 oven until lightly browned, 8 to 10 minutes; if baking more than one pan at a time, switch pan positions halfway through baking. With a wide spatula, transfer cookies to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:5.09, Inflammation Score:-1, Nutrition Score:1.1726087143888%

Nutrients (% of daily need)

Calories: 88.64kcal (4.43%), Fat: 4.87g (7.49%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.56g (3.84%), Sugar: 5.27g (5.85%), Cholesterol: 14.03mg (4.68%), Sodium: 59.72mg (2.6%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.65g (1.31%), Manganese: 0.09mg (4.53%), Selenium: 2.21µg (3.16%), Vitamin A: 123.88IU (2.48%), Vitamin B1: 0.03mg (2.14%), Folate: 7.99µg (2%), Vitamin B2: 0.03mg (1.59%), Iron: 0.27mg (1.52%), Vitamin B3: 0.25mg (1.23%), Phosphorus: 12.28mg (1.23%)