



Pina Colada Cookies I

READY IN



45 min.

SERVINGS



36

CALORIES



96 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 cup coconut or flaked
- 2 eggs
- 1.5 tablespoons milk
- 2 teaspoons rum extract flavored
- 18.3 ounce pineapple cake mix flavored

Equipment

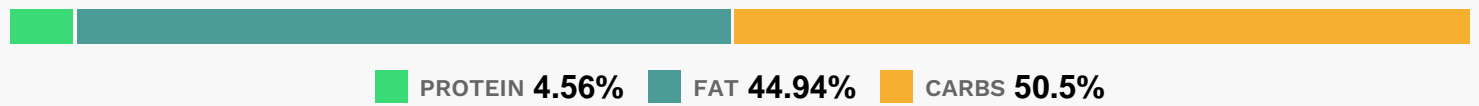
- baking sheet

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut the softened margarine or butter into the cake mix. Use a fork mash them together until they are well combined and the mixture resembles coarse crumbs. Beat in the eggs, milk and rum extract and mix well. Stir in the flaked coconut until combined.
- Drop by teaspoonfuls onto an ungreased baking sheet and bake at 350 degrees F (175 degrees C) for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.8691304290424%

Nutrients (% of daily need)

Calories: 95.52kcal (4.78%), Fat: 4.86g (7.48%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 11.75g (4.27%), Sugar: 6.26g (6.96%), Cholesterol: 15.95mg (5.32%), Sodium: 124.45mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Phosphorus: 59.52mg (5.95%), Manganese: 0.09mg (4.75%), Selenium: 2.47µg (3.52%), Calcium: 34.98mg (3.5%), Folate: 11.52µg (2.88%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.03mg (2.27%), Iron: 0.4mg (2.23%), Fiber: 0.54g (2.17%), Vitamin A: 93IU (1.86%), Vitamin B3: 0.36mg (1.8%), Copper: 0.03mg (1.61%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.1mg (1.04%), Magnesium: 4.14mg (1.03%)