



Pina Colada Cookies II

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



511 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 2 cups brown sugar
- 20 ounce pineapple crushed drained canned
- 3 drops pina colada candy oil
- 1.5 cups coconut or flaked toasted
- 2 eggs
- 4 cups flour all-purpose
- 2 cups macadamia nuts toasted chopped

- 1.5 teaspoons rum extract flavored
- 0.5 teaspoon salt
- 1 cup butter unsalted
- 4 cups chocolate chips white

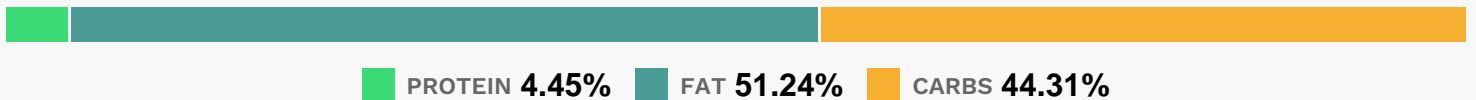
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wooden spoon

Directions

- Sift together the flour, salt, and baking soda, set aside. In a large bowl, cream together the butter and brown sugar. Stir in the eggs, pina colada oil, and rum extract, mix well. Stir in the dry ingredients until just combined. Using a large wooden spoon, stir in the drained pineapple, coconut, white chocolate chips, and nuts. Cover bowl, and refrigerate for 1 to 2 hours, until firm.
- Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper.
- Roll dough into golf ball sized balls, place 2 1/2 inches apart onto the prepared cookie sheets.
- Bake for 15 to 20 minutes in the preheated oven, until golden brown.
- Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:23.95, Inflammation Score:-4, Nutrition Score:9.4534783518833%

Nutrients (% of daily need)

Calories: 510.78kcal (25.54%), Fat: 29.89g (45.99%), Saturated Fat: 15.22g (95.15%), Carbohydrates: 58.15g (19.38%), Net Carbohydrates: 55.39g (20.14%), Sugar: 39.83g (44.25%), Cholesterol: 40.28mg (13.43%), Sodium: 158.4mg (6.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.69%), Manganese: 0.76mg (38.24%), Vitamin B1: 0.35mg (23.01%), Selenium: 11.33µg (16.19%), Vitamin B2: 0.24mg (13.87%), Phosphorus: 119.15mg (11.92%), Folate: 45.3µg (11.33%), Fiber: 2.76g (11.02%), Copper: 0.21mg (10.64%), Iron: 1.89mg (10.5%), Calcium: 97.05mg (9.7%), Vitamin B3: 1.86mg (9.28%), Magnesium: 33.31mg (8.33%), Potassium: 239.05mg (6.83%), Vitamin A: 276.98IU (5.54%), Vitamin B6: 0.1mg (5.22%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.7mg (4.7%), Vitamin E: 0.67mg (4.46%), Vitamin B12: 0.22µg (3.61%), Vitamin K: 3.74µg (3.56%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.22µg (1.43%)