



Raspberry Coconut Cookies

 Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



108 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 cup coconut flakes flaked
- 1 eggs
- 1.5 cups flour all-purpose
- 0.3 cup raspberry jam seedless
- 0.5 teaspoon salt

- 0.5 cup shortening
- 6 tablespoons sugar
- 0.3 cup water

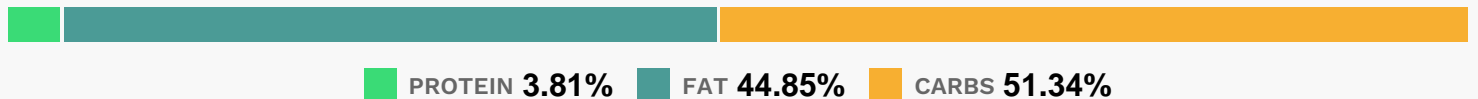
Equipment

- bowl
- baking sheet
- oven
- wooden spoon

Directions

- In a large bowl, cream shortening and sugars until light and fluffy. Beat in the egg, water and extract.
- Combine the flour, salt and baking soda; gradually add to creamed mixture and mix well. Stir in coconut (dough will be sticky).
- Set aside 2/3 cup dough; roll remaining dough into 1-in. balls. Using the end of a wooden spoon handle, make a 3/8-in.-deep indentation in the center of each ball. Fill each with 1/2 teaspoon jam. Cover jam with a teaspoonful of reserved dough; seal and reshape into a ball. Repeat.
- Place 2 in. apart on ungreased baking sheets.
- Bake at 375° for 10–12 minutes or until lightly browned.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:6.53, Inflammation Score:-1, Nutrition Score:1.7695652175209%

Nutrients (% of daily need)

Calories: 107.62kcal (5.38%), Fat: 5.46g (8.39%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.38g (4.86%), Sugar: 8.02g (8.91%), Cholesterol: 5.46mg (1.82%), Sodium: 62.75mg (2.73%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.04g (2.09%), Manganese: 0.13mg (6.25%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.05mg (3.51%), Folate: 12.83µg (3.21%), Fiber: 0.67g (2.69%), Vitamin B2: 0.04mg (2.58%), Iron: 0.46mg (2.55%), Vitamin B3: 0.39mg (1.96%), Copper: 0.04mg (1.93%), Vitamin K: 1.85µg (1.76%), Phosphorus: 16.36mg (1.64%), Vitamin E: 0.25mg (1.64%), Magnesium: 4.61mg (1.15%), Vitamin B5: 0.1mg (1.01%)