



Raspberry Coconut Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



30

CALORIES



136 kcal

DESSERT

Ingredients

- 0.8 cup butter softened
- 0.5 cup sugar
- 1 large eggs room temperature
- 1 teaspoon vanilla extract
- 2 cups flour all-purpose
- 0.5 cup coconut shredded sweetened
- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon salt

- 0.3 cup butter softened
- 0.8 cup powdered sugar
- 2 teaspoons milk 2%
- 0.5 teaspoon vanilla extract
- 0.5 cup raspberry jam

Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and sugar until light and fluffy, 5–7 minutes. Beat in egg and vanilla.
- Combine the flour, coconut, baking powder and salt; gradually add to the creamed mixture and mix well.
- Shape into 1-in. balls.
- Place 1–1/2 in. apart on ungreased baking sheets; flatten with a glass dipped in flour.
- Bake at 350° for 12–14 minutes or until edges begin to brown. Cool completely on wire racks.
- In a small bowl, beat the butter, confectioners' sugar, milk and vanilla until smooth.
- Place 1/2 teaspoon preserves and a scant teaspoon of filling on the bottoms of half of the cookies; top with remaining cookies. Store in an airtight container in the refrigerator.

Nutrition Facts



PROTEIN 3.54% **FAT 45.58%** **CARBS 50.88%**

Properties

Glycemic Index:13.07, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:1.9730435104474%

Nutrients (% of daily need)

Calories: 135.59kcal (6.78%), Fat: 6.93g (10.66%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 17.05g (6.2%), Sugar: 9.73g (10.81%), Cholesterol: 22.5mg (7.5%), Sodium: 97.78mg (4.25%), Alcohol: 0.07g (100%), Alcohol %: 0.27% (100%), Protein: 1.21g (2.42%), Selenium: 3.82µg (5.46%), Manganese: 0.1mg (4.88%), Vitamin B1: 0.07mg (4.53%), Folate: 17.02µg (4.26%), Vitamin A: 198.43IU (3.97%), Vitamin B2: 0.06mg (3.41%), Iron: 0.5mg (2.78%), Vitamin B3: 0.51mg (2.53%), Phosphorus: 21.5mg (2.15%), Calcium: 17.61mg (1.76%), Fiber: 0.36g (1.42%), Vitamin E: 0.21mg (1.41%), Copper: 0.02mg (1.21%)