



Royal Coconut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



130 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 1 cup butter softened
- 2 cups coconut or flaked
- 2 eggs
- 2.5 cups flour all-purpose
- 2 cups rolled oats

- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

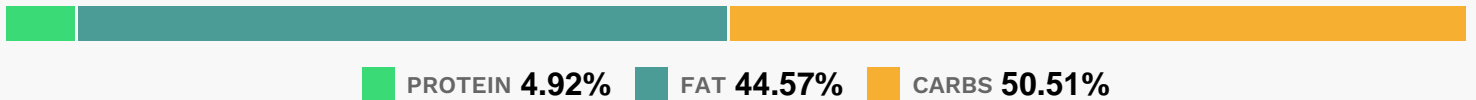
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease baking sheets.
- Sift the flour, baking powder, baking soda and salt together into a bowl.
- Cream the butter and the sugar together. Beat in the egg and vanilla.
- Add the flour mixture and beat until smooth, about 2 minutes. Stir in the oats and flaked coconut.
- Shape dough into 1 inch balls and place on the prepared baking sheets.
- Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:7.32, Inflammation Score:-1, Nutrition Score:2.725217377848%

Nutrients (% of daily need)

Calories: 130.19kcal (6.51%), Fat: 6.59g (10.14%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 15.72g (5.72%), Sugar: 8.94g (9.93%), Cholesterol: 16.99mg (5.66%), Sodium: 147.7mg (6.42%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.64g (3.28%), Manganese: 0.27mg (13.41%), Selenium: 4.53µg (6.47%), Vitamin B1: 0.07mg (4.65%), Fiber: 1.09g (4.38%), Phosphorus: 36.78mg (3.68%), Iron: 0.65mg (3.61%), Folate: 14.36µg (3.59%), Vitamin B2: 0.05mg (3.05%), Copper: 0.05mg (2.73%), Vitamin A: 128.08IU (2.56%), Magnesium: 10.07mg (2.52%), Vitamin B3: 0.45mg (2.26%), Calcium: 19.49mg (1.95%), Zinc: 0.27mg (1.8%), Potassium: 48.44mg (1.38%), Vitamin B5: 0.13mg (1.34%), Vitamin B6: 0.02mg (1%), Vitamin E: 0.16mg (1.08%)