



Soft Oatmeal Coconut Chocolate Chip Cookies

 Dairy Free

READY IN



25 min.

SERVINGS



45

CALORIES



154 kcal

DESSERT

Ingredients

- 1 cup almonds unsalted chopped
- 1 teaspoon baking soda
- 1.5 cups brown sugar
- 1 cup chocolate chips dark
- 1 eggs
- 1 cup rolled oats
- 0.3 teaspoon salt
- 2 cups coconut or shredded unsweetened

- 1 teaspoon vanilla extract
- 1 cup solid vegetable oil–butter spread softened smart balance® (such as sticks)
- 1.5 cups flour whole wheat

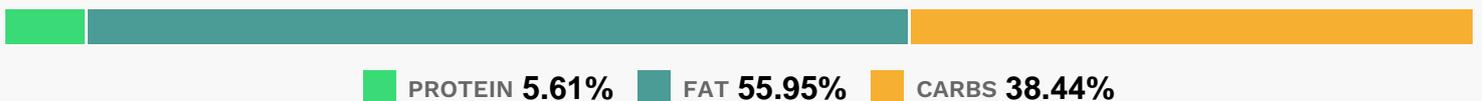
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat brown sugar, vegetable oil butter spread, and egg with an electric mixer in a bowl until smooth. Stir in vanilla extract, baking soda, and salt.
- Add coconut, flour, and oats; stir until just moistened. Fold in chocolate chips, almonds, and yogurt.
- Drop spoonfuls of the dough 2 inches apart onto ungreased baking sheets.
- Bake in the preheated oven until golden brown, 9 to 11 minutes.

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:3.9065217213786%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 153.5kcal (7.67%), Fat: 9.88g (15.2%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 13.44g (4.89%), Sugar: 8.97g (9.96%), Cholesterol: 3.68mg (1.23%), Sodium: 94.29mg (4.1%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 2.23g (4.46%), Manganese: 0.43mg (21.25%), Fiber: 1.83g (7.33%), Vitamin E: 1.1mg (7.31%), Selenium: 4.48µg (6.41%), Magnesium: 22.65mg (5.66%), Phosphorus: 53.9mg (5.39%), Copper: 0.1mg (5.03%), Vitamin A: 186.51IU (3.73%), Vitamin B2: 0.06mg (3.72%), Zinc: 0.51mg (3.39%), Iron: 0.6mg (3.31%), Calcium: 32.21mg (3.22%), Potassium: 105.46mg (3.01%), Vitamin B1: 0.04mg (2.82%), Vitamin B6: 0.05mg (2.26%), Vitamin B3: 0.41mg (2.05%), Vitamin B5: 0.15mg (1.51%), Folate: 5.53µg (1.38%)