



## South Dakota Sunflower Seed Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



252 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon baking soda
- 1 cup coconut or shredded
- 3 cups flour all-purpose
- 1.5 cups butter softened
- 1 cup sunflower seeds
- 1.5 cups sugar white

### Equipment

baking sheet

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

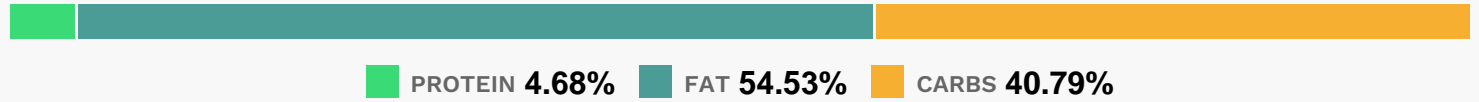
Cream sugar and butter or margarine.

Add flour, baking soda, and baking powder. Then add coconut and sunflower seeds.

Mix well.

Shape into one inch balls and bake on ungreased cookie sheets for 15 minutes or until delicately browned.

## Nutrition Facts



## Properties

Glycemic Index:11.13, Glycemic Load:17.63, Inflammation Score:-5, Nutrition Score:5.9226087087198%

## Nutrients (% of daily need)

Calories: 251.68kcal (12.58%), Fat: 15.6g (24.01%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 25.06g (9.11%), Sugar: 12.87g (14.3%), Cholesterol: 0mg (0%), Sodium: 325.19mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Vitamin E: 2.42mg (16.14%), Vitamin B1: 0.21mg (13.93%), Manganese: 0.27mg (13.3%), Selenium: 8.67µg (12.39%), Folate: 42.28µg (10.57%), Vitamin A: 510.28IU (10.21%), Phosphorus: 71.71mg (7.17%), Vitamin B3: 1.41mg (7.05%), Copper: 0.14mg (6.92%), Iron: 1.16mg (6.45%), Vitamin B2: 0.11mg (6.19%), Magnesium: 23.21mg (5.8%), Fiber: 1.2g (4.81%), Vitamin B6: 0.09mg (4.25%), Calcium: 40.93mg (4.09%), Zinc: 0.43mg (2.84%), Potassium: 70.91mg (2.03%), Vitamin B5: 0.15mg (1.53%)