



Spring Cleaning Cookies

READY IN



35 min.

SERVINGS



48

CALORIES



162 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup coconut or flaked
- ☐ 2 eggs
- ☐ 2 tablespoons evaporated milk
- ☐ 2 cups flour all-purpose
- ☐ 1 cup brown sugar light
- ☐ 1 cup pecans chopped

- ☐ 1.5 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.5 cup shortening
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

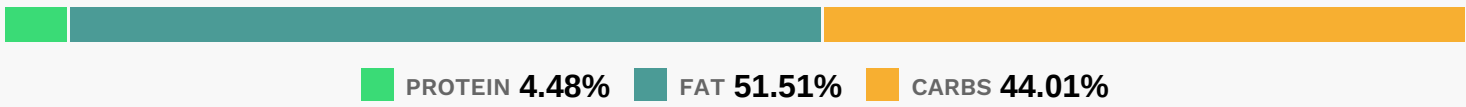
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the butter, shortening, white sugar and brown sugar until light and fluffy. Beat in the eggs one at a time, then stir in the evaporated milk and vanilla.
- ☐ Combine the flour, baking powder, baking soda and salt; stir into the sugar mixture.
- ☐ Mix in the oats, chocolate chips, coconut and pecans. Drop by rounded tablespoonfuls onto the prepared cookie sheets. Cookies should be spaced about 2 inches apart.
- ☐ Bake for 13 to 15 minutes in the preheated oven, until golden brown. Cool slightly on cookie sheets before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.02, Glycemic Load:6.4, Inflammation Score:-1, Nutrition Score:3.4452174260564%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg

Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate:
0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate:
0.05mg

Nutrients (% of daily need)

Calories: 161.79kcal (8.09%), Fat: 9.44g (14.52%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 18.14g (6.05%),
Net Carbohydrates: 16.79g (6.1%), Sugar: 11.02g (12.25%), Cholesterol: 12.42mg (4.14%), Sodium: 77.23mg (3.36%),
Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.84mg (1.61%), Protein: 1.85g (3.69%), Manganese:
0.36mg (17.85%), Copper: 0.13mg (6.65%), Selenium: 4.07µg (5.81%), Fiber: 1.35g (5.41%), Iron: 0.9mg (5%),
Magnesium: 19.76mg (4.94%), Phosphorus: 48.06mg (4.81%), Vitamin B1: 0.07mg (4.8%), Folate: 12.03µg (3.01%),
Zinc: 0.45mg (2.99%), Vitamin B2: 0.05mg (2.9%), Potassium: 77mg (2.2%), Vitamin B3: 0.43mg (2.15%), Calcium:
19.66mg (1.97%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.87µg (1.78%), Vitamin B5: 0.16mg (1.57%), Vitamin A:
74.57IU (1.49%), Vitamin B6: 0.02mg (1.11%)