



## Sunflower Drop Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



212 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 5 tablespoons brown sugar
- 1 cup butter
- 2 cups coconut or flaked
- 2 eggs
- 1.1 cups flour all-purpose
- 1 teaspoon salt
- 1 cup sunflower seeds

- 1 teaspoon vanilla extract
- 5 tablespoons sugar white
- 1.1 cups flour whole wheat

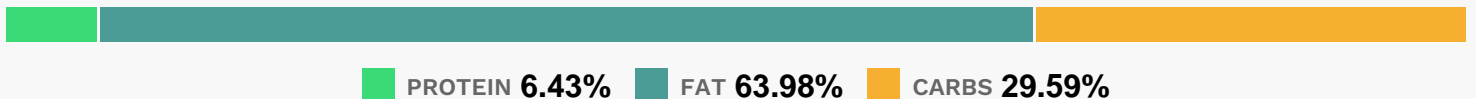
## Equipment

- baking sheet
- oven
- mixing bowl

## Directions

- In a large mixing bowl, cream together sugar and butter or margarine. Beat in eggs and vanilla.
- Stir in flour, salt and baking soda.
- Add coconut and sunflower seeds.
- Mix together well.
- Drop by spoonfuls onto greased cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 8 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.96, Glycemic Load:5.11, Inflammation Score:-3, Nutrition Score:6.8178261272285%

## Nutrients (% of daily need)

Calories: 212.47kcal (10.62%), Fat: 15.67g (24.11%), Saturated Fat: 9.31g (58.2%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 13.91g (5.06%), Sugar: 5.67g (6.3%), Cholesterol: 33.98mg (11.33%), Sodium: 212.61mg (9.24%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 3.54g (7.08%), Manganese: 0.58mg (28.77%), Selenium: 11µg (15.71%), Vitamin E: 2.3mg (15.31%), Vitamin B1: 0.16mg (10.87%), Copper: 0.19mg (9.63%), Fiber: 2.39g (9.58%), Phosphorus: 87.49mg (8.75%), Magnesium: 34.39mg (8.6%), Folate: 28.54µg (7.14%), Vitamin B6: 0.13mg (6.47%), Iron: 1.09mg (6.05%), Vitamin B3: 1.14mg (5.72%), Vitamin A: 259.46IU (5.19%), Vitamin B2: 0.09mg (5.04%), Zinc: 0.67mg (4.44%), Potassium: 112.13mg (3.2%), Vitamin B5: 0.25mg (2.49%), Calcium: 15.49mg (1.55%)