



Sunny's German Chocolate Cake Cookies

READY IN



30 min.

SERVINGS



36

CALORIES



188 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 sticks butter softened
- 2 large eggs beaten
- 2.3 cups flour all-purpose
- 1 cup granulated sugar
- 1 cup brown sugar light
- 1 cup pecans chopped
- 1 pinch salt
- 1 cup semi chocolate chips

- 1 cup coconut or shredded sweetened such as baker's angel flake coconut
- 0.5 cup cocoa unsweetened such as hershey's
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- stand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line baking sheets with parchment paper.
- In a stand mixer or large bowl using a hand mixer, blend the butter, both sugars, vanilla and eggs. In a medium bowl, stir together the flour, cocoa, baking soda and salt. Gradually add the flour mixture into the butter mixture and blend until combined. Stir in the chocolate chips, coconut and pecans.
- Drop the dough by tablespoonfuls onto the prepared baking sheets, 12 cookies per sheet, and bake 8 to 10 minutes. Cool on a baking rack.

Nutrition Facts



PROTEIN 4.35% **FAT 49.24%** **CARBS 46.41%**

Properties

Glycemic Index:5.7, Glycemic Load:8.21, Inflammation Score:-2, Nutrition Score:3.9326087338445%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin:

0.17mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 187.79kcal (9.39%), Fat: 10.6g (16.3%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.01g (7.64%), Sugar: 14.59g (16.21%), Cholesterol: 24.13mg (8.04%), Sodium: 85.03mg (3.7%), Alcohol: 0.08g (100%), Alcohol %: 0.24% (100%), Caffeine: 7.05mg (2.35%), Protein: 2.11g (4.22%), Manganese: 0.37mg (18.45%), Copper: 0.17mg (8.42%), Selenium: 4.79µg (6.85%), Iron: 1.07mg (5.92%), Fiber: 1.46g (5.82%), Vitamin B1: 0.09mg (5.74%), Magnesium: 22.43mg (5.61%), Phosphorus: 48.53mg (4.85%), Folate: 17.1µg (4.28%), Vitamin B2: 0.06mg (3.79%), Vitamin A: 176.08IU (3.52%), Zinc: 0.5mg (3.3%), Vitamin B3: 0.59mg (2.94%), Potassium: 89.61mg (2.56%), Vitamin E: 0.26mg (1.75%), Calcium: 16.51mg (1.65%), Vitamin B5: 0.15mg (1.54%), Vitamin B6: 0.03mg (1.36%)