

Susan's Cookies

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

128 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup coconut or flaked
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups rolled oats

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

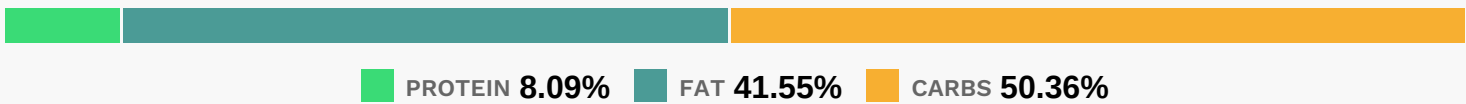
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the white sugar , brown sugar and butter. Stir in the eggs, one at a time, and vanilla.
- ☐ Combine the flour, rolled oats, baking powder and baking soda, add to the sugar mixture and mix well with your hands to form a dough.
- ☐ Mix in the coconut last.
- ☐ Drop cookies by teaspoons onto an unprepared cookie sheet and bake for 8 to 10 minutes, in the preheated oven. Cookies will turn golden brown.
- ☐ Remove to cool on baking racks.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:8.4, Inflammation Score:-2, Nutrition Score:3.5856522035826%

Nutrients (% of daily need)

Calories: 127.6kcal (6.38%), Fat: 5.94g (9.14%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.12g (5.5%), Sugar: 4.54g (5.05%), Cholesterol: 30.63mg (10.21%), Sodium: 71.69mg (3.12%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 2.6g (5.21%), Manganese: 0.31mg (15.34%), Selenium: 7.1µg (10.14%), Vitamin B1: 0.11mg (7.24%), Folate: 23.59µg (5.9%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 49.62mg (4.96%), Iron: 0.88mg (4.9%), Fiber: 1.08g (4.33%), Vitamin B3: 0.69mg (3.46%), Magnesium: 11.87mg (2.97%), Vitamin A: 147.88IU (2.96%), Copper: 0.05mg (2.71%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.21mg (2.09%), Calcium:

15.7mg (1.57%), Potassium: 51.06mg (1.46%), Vitamin E: 0.2mg (1.35%), Vitamin B6: 0.03mg (1.27%)