



WHATSheATE



Toasted Pecan Coconut Chocolate Chip Cookies

READY IN



55 min.

SERVINGS



15

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 cups coconut or flaked
- ☐ 2.8 cup chocolate chips dark
- ☐ 1 large eggs cold
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup brown sugar light
- ☐ 0.5 cup pecans whole

- ☐ 0.5 teaspoon salt
- ☐ 6.8 ounces unbleached flour all-purpose
- ☐ 4 ounces butter unsalted cut into chunks room temperature
- ☐ 1 teaspoon vanilla extract

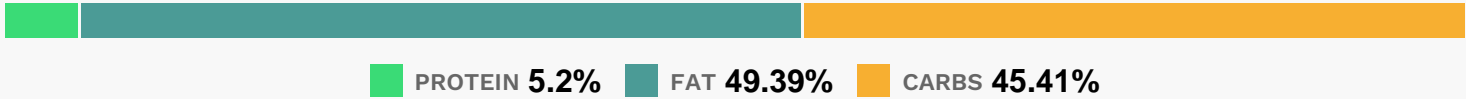
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line a rimmed baking sheet with foil.
- ☐ Place pecans on the baking sheet and bake for 6 to 8 minutes or until they start to release their oil (become shiny).
- ☐ Remove from the oven and toss with the teaspoon of butter.
- ☐ Sprinkle with salt and let cool. Chop.Wipe the rimmed baking sheet clean and lay the coconut on it. Toast for about 6 minutes or until it is golden around the edges.
- ☐ Let cool.In large bowl, using an electric mixer, beat the cool butter, brown sugar and granulated sugar until creamy. Beat in the egg and vanilla until they are combined.In a separate bowl, mix together the flour, baking powder, baking soda and salt.By hand or using lowest speed of the mixer, stir in the flour mixture.
- ☐ Add chocolate chips, toasted pecans and coconut to the dough and stir well.Using a (generously!) heaping tablespoon, scoop up 15 mounds of dough. You can bake them immediately, or scoop them onto a foil lined tray, chill, and bake as needed.Arrange about 3 inches apart on foil-lined baking sheets.
- ☐ Bake one sheet at time for 12-14 minutes or until cookies are golden brown.
- ☐ Let cool on baking sheets for about 5 minutes, then transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:9.5, Inflammation Score:-3, Nutrition Score:6.8665217549905%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 381kcal (19.05%), Fat: 21.15g (32.54%), Saturated Fat: 15.4g (96.27%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 41.38g (15.05%), Sugar: 25.67g (28.53%), Cholesterol: 28.98mg (9.66%), Sodium: 205.82mg (8.95%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 5.01g (10.02%), Manganese: 0.37mg (18.47%), Calcium: 133.56mg (13.36%), Selenium: 7.97µg (11.39%), Vitamin B1: 0.16mg (10.61%), Zinc: 1.52mg (10.1%), Fiber: 2.38g (9.52%), Vitamin B2: 0.15mg (8.71%), Phosphorus: 85.15mg (8.52%), Folate: 33.33µg (8.33%), Potassium: 273.13mg (7.8%), Iron: 1.37mg (7.61%), Copper: 0.15mg (7.52%), Vitamin B3: 1.18mg (5.88%), Magnesium: 22.9mg (5.72%), Vitamin E: 0.79mg (5.3%), Vitamin B5: 0.43mg (4.29%), Vitamin A: 212.07IU (4.24%), Vitamin B6: 0.07mg (3.72%), Vitamin K: 3.24µg (3.09%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.18µg (1.2%)