



White Chocolate-Coconut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



183 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 sticks butter softened
- 0.8 cup coconut flakes shredded
- 0.8 cup coconut flakes shredded toasted
- 1 eggs
- 2.3 cups flour all-purpose
- 0.5 cup brown sugar light packed

- 1 cup cooking oats quick
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 8 ounces chocolate white melted

Equipment

- baking paper
- oven
- whisk
- mixing bowl
- hand mixer

Directions

- Preheat oven to 350 degrees F.
- In a small mixing bowl, whisk together the baking powder, baking soda, flour and salt. In a large mixing bowl, cream the butter and brown sugar together until light and fluffy with a hand held electric mixer. Beat in the egg.
- Add the dry ingredients and beat until just combined. Fold in the oats, vanilla extract and shredded coconut flakes.
- Form walnut-sized balls of the mixture and drop 2 inches apart onto parchment paper-lined sheet pans.
- Bake in a preheated oven for about 10 minutes until the bottoms of the cookies are golden brown.
- Remove from oven and cool completely.
- When the cookies are cool, dip them halfway into the melted white chocolate and then into the toasted shredded coconut flakes. Set them down onto parchment paper-lined sheet pans to dry completely.

Nutrition Facts



PROTEIN 4.98% **FAT 56.25%** **CARBS 38.77%**

Properties

Glycemic Index:11.73, Glycemic Load:9.37, Inflammation Score:-2, Nutrition Score:3.6443477742698%

Nutrients (% of daily need)

Calories: 183.45kcal (9.17%), Fat: 11.7g (17.99%), Saturated Fat: 7.86g (49.13%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 16.93g (6.16%), Sugar: 8.42g (9.36%), Cholesterol: 23.24mg (7.75%), Sodium: 149.58mg (6.5%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 2.33g (4.66%), Manganese: 0.3mg (15.03%), Selenium: 5.79µg (8.28%), Vitamin B1: 0.1mg (6.43%), Phosphorus: 52.35mg (5.24%), Vitamin B2: 0.08mg (4.97%), Folate: 19.88µg (4.97%), Fiber: 1.22g (4.86%), Iron: 0.79mg (4.38%), Vitamin A: 198.45IU (3.97%), Magnesium: 14.8mg (3.7%), Vitamin B3: 0.67mg (3.33%), Copper: 0.06mg (3.24%), Calcium: 32.37mg (3.24%), Zinc: 0.32mg (2.14%), Potassium: 73.35mg (2.1%), Vitamin E: 0.31mg (2.04%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.03mg (1.4%), Vitamin K: 1.35µg (1.28%), Vitamin B12: 0.07µg (1.14%)