



White Chocolate Coconut Macadamia Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



188 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup coconut or flaked
- 1 eggs
- 1.5 cups flour all-purpose
- 0.5 cup macadamia nuts chopped
- 0.3 teaspoon salt

- 0.8 cup butter unsalted
- 1 teaspoon vanilla extract
- 8 ounces chocolate white chopped
- 3 tablespoons sugar white

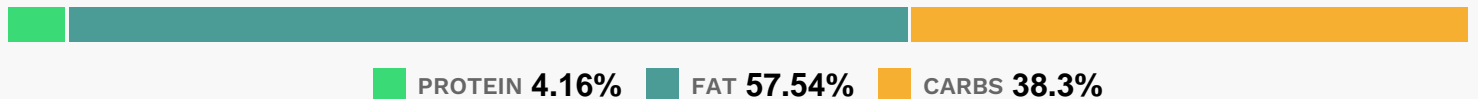
Equipment

- baking sheet
- sauce pan
- baking paper
- oven

Directions

- In a saucepan over medium heat cook butter until golden but not brown. Stir in the brown sugar and chill for 50 to 60 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line baking sheets with parchment paper.
- Combine the flour, baking soda, baking powder and salt.
- Beat the butter mixture with the white sugar until fluffy and smooth. Beat in the egg and vanilla. Then stir in the flour mixture. Stir in the macadamia nuts, white chocolate chunks and coconut.
- Roll dough into 1 1/2 to 2 inch balls and bake at 350 degrees F (175 degrees C) for 9 to 11 minutes.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:9.31, Inflammation Score:-2, Nutrition Score:3.1121738708538%

Nutrients (% of daily need)

Calories: 188.33kcal (9.42%), Fat: 12.3g (18.92%), Saturated Fat: 6.9g (43.1%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 17.67g (6.42%), Sugar: 11.83g (13.14%), Cholesterol: 24.06mg (8.02%), Sodium: 74.43mg (3.24%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 2g (4%), Manganese: 0.22mg (11.11%), Vitamin B1: 0.1mg (6.85%), Selenium: 4.2µg (6%), Vitamin B2: 0.08mg (4.87%), Phosphorus: 42.23mg (4.22%), Folate: 16.55µg (4.14%), Vitamin A: 190.01IU (3.8%), Calcium: 36.74mg (3.67%), Iron: 0.63mg (3.49%), Vitamin B3: 0.62mg (3.11%), Fiber: 0.76g (3.04%), Copper: 0.06mg (2.85%), Magnesium: 8.9mg (2.23%), Vitamin E: 0.3mg (2.01%), Potassium: 65.91mg (1.88%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.23mg (1.52%), Vitamin B12: 0.08µg (1.35%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.39µg (1.32%)