



Wyoming Cowboy Cookies

READY IN



40 min.

SERVINGS



72

CALORIES



108 kcal

DESSERT

Ingredients

- 1 cup coconut shredded sweetened
- 0.8 cup pecans chopped
- 1 cup butter softened
- 1.5 cups brown sugar packed
- 0.5 cup sugar
- 2 large eggs room temperature
- 1.5 teaspoons vanilla extract
- 2 cups flour all-purpose
- 1 teaspoon baking soda

- 0.5 teaspoon salt
- 2 cups rolled oats
- 2 cups chocolate chips

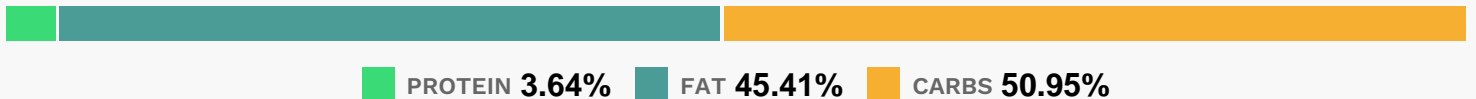
Equipment

- bowl
- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 350°.
- Place coconut and pecans on a 15x10x1-in. baking pan.
- Bake for 6–8 minutes or until toasted, stirring every 2 minutes. Set aside to cool.
- In a large bowl, cream butter and sugars until light and fluffy, 5–7 minutes.
- Add eggs and vanilla; beat well. In another bowl, combine the flour, baking soda and salt.
- Add to creamed mixture; beat well. Stir in the oats, chocolate chips, and toasted coconut and pecans.
- Drop by rounded teaspoonfuls onto greased baking sheets.
- Bake at 350° for 12 minutes or until browned.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:3.41, Inflammation Score:-1, Nutrition Score:1.724782605453%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 107.88kcal (5.39%), Fat: 5.56g (8.56%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.56g (4.93%), Sugar: 9.32g (10.36%), Cholesterol: 11.95mg (3.98%), Sodium: 58.38mg (2.54%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1g (2.01%), Manganese: 0.19mg (9.55%), Selenium: 2.6µg (3.72%), Vitamin B1: 0.05mg (3.08%), Phosphorus: 21.16mg (2.12%), Folate: 8.22µg (2.05%), Iron: 0.37mg (2.04%), Fiber: 0.49g (1.95%), Vitamin B2: 0.03mg (1.77%), Vitamin A: 86.92IU (1.74%), Copper: 0.03mg (1.73%), Magnesium: 6.52mg (1.63%), Zinc: 0.2mg (1.35%), Vitamin B3: 0.26mg (1.29%), Potassium: 43.95mg (1.26%), Calcium: 11.62mg (1.16%)