



Ambrosia Macaroons

 Vegetarian

READY IN



75 min.

SERVINGS



1

CALORIES



3240 kcal

DESSERT

Ingredients

- 0.3 cup butter cooled melted
- 1 large egg white
- 0.5 cup flour all-purpose
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lime fresh
- 36 maraschino cherries red dry halved drained
- 1 teaspoon orange zest loosely packed
- 0.5 cup pineapple dried diced finely

- 0.3 cup sugar
- 14 oz coconut or sweetened flaked
- 0.5 teaspoon vanilla extract

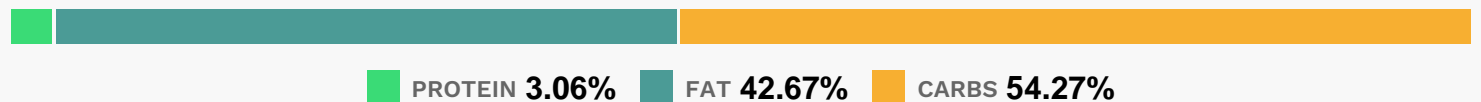
Equipment

- baking sheet
- baking paper
- oven
- whisk
- stand mixer

Directions

- Preheat oven to 35
- Beat egg white at high speed with an electric stand mixer, using whisk attachment, until foamy; gradually add sugar, 1 Tbsp. at a time, until soft peaks form.
- Gently stir in butter and next 4 ingredients. Stir in flour. Stir in coconut and pineapple until blended.
- Drop batter by teaspoonfuls 1 inch apart onto 2 parchment paper-lined baking sheets.
- Place 1 cherry half in center of each cookie.
- Bake at 350 for 12 to 15 minutes or until edges are golden brown, switching baking sheets halfway through. Cool on baking sheets 10 minutes; transfer cookies to wire racks, and cool.

Nutrition Facts



Properties

Glycemic Index:195.09, Glycemic Load:69.43, Inflammation Score:-9, Nutrition Score:38.751304191092%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg,

Naringenin: 0.23mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 3240.12kcal (162.01%), Fat: 158.41g (243.71%), Saturated Fat: 134.12g (838.26%), Carbohydrates: 453.37g (151.12%), Net Carbohydrates: 404.25g (147%), Sugar: 328.47g (364.97%), Cholesterol: 122.01mg (40.67%), Sodium: 2723.97mg (118.43%), Alcohol: 0.69g (100%), Alcohol %: 0.09% (100%), Protein: 25.56g (51.12%), Manganese: 4.28mg (213.91%), Fiber: 49.11g (196.46%), Selenium: 93µg (132.85%), Copper: 1.55mg (77.49%), Iron: 11.17mg (62.07%), Magnesium: 233.68mg (58.42%), Phosphorus: 497.37mg (49.74%), Potassium: 1684.09mg (48.12%), Vitamin C: 32.31mg (39.16%), Vitamin B1: 0.57mg (38.14%), Folate: 135.95µg (33.99%), Vitamin B3: 6.63mg (33.17%), Vitamin B2: 0.55mg (32.63%), Vitamin A: 1537.83IU (30.76%), Zinc: 3.85mg (25.65%), Calcium: 217.37mg (21.74%), Vitamin B5: 1.14mg (11.37%), Vitamin E: 1.58mg (10.55%), Vitamin B6: 0.19mg (9.3%), Vitamin K: 7.22µg (6.88%), Vitamin B12: 0.13µg (2.1%)