



Ambrosia Macaroons



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate melted
- ☐ 3 large eggs
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 24 ounces coconut sweetened packed flaked (6 cups firmly)
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

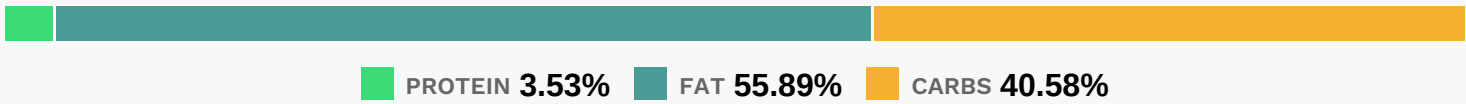
- ☐ bowl

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Position rack in center of oven; preheat to325°F. Line 3 large rimmed baking sheetswith parchment. Using electric mixer, beatbutter in large bowl until smooth.
- ☐ Addsugar and salt; beat until blended. Beatin orange peel, then eggs, 1 at a time.
- ☐ Mixin coconut. Drop batter onto sheets bytablespoonfuls, spacing 1 1/2 inches apart.
- ☐ Bake macaroons, 1 sheet at a time, untilgolden on bottom and browned in spots, 25to 30 minutes. Cool completely on sheets.
- ☐ Using fork, drizzle chocolate overmacaroons. Chill on sheets until chocolate isfirm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:2.1821739168271%

Nutrients (% of daily need)

Calories: 126.52kcal (6.33%), Fat: 8.06g (12.39%), Saturated Fat: 6.22g (38.9%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 11.36g (4.13%), Sugar: 10.29g (11.44%), Cholesterol: 18.05mg (6.02%), Sodium: 54.97mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 1.15g (2.29%), Manganese: 0.2mg (9.81%), Fiber: 1.8g (7.2%), Selenium: 3.82µg (5.46%), Copper: 0.09mg (4.74%), Magnesium: 14.81mg (3.7%), Phosphorus: 32.15mg (3.22%), Iron: 0.53mg (2.93%), Potassium: 81.29mg (2.32%), Zinc: 0.25mg (1.69%), Vitamin A: 82.92IU (1.66%), Vitamin B2: 0.02mg (1.23%)