



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
- ☐ 2 teaspoons orange zest finely grated
- ☐ 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)

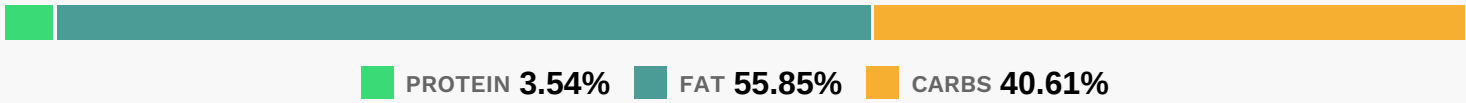
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Position rack in center of oven; preheat to 325°F. Line 3 large rimmed baking sheets with parchment. Using electric mixer, beat butter in large bowl until smooth.
- ☐ Add sugar and salt; beat until blended. Beat in orange peel, then eggs, 1 at a time.
- ☐ Mix in coconut. Drop batter onto sheets by tablespoonfuls, spacing 1 1/2 inches apart.
- ☐ Bake macaroons, 1 sheet at a time, until golden on bottom and browned in spots, 25 to 30 minutes. Cool completely on sheets.
- ☐ Using fork, drizzle chocolate over macaroons. Chill on sheets until chocolate is firm, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index: 1.56, Glycemic Load: 2.33, Inflammation Score: -1, Nutrition Score: 2.195217412451%

Nutrients (% of daily need)

Calories: 126.6kcal (6.33%), Fat: 8.06g (12.39%), Saturated Fat: 6.22g (38.9%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 11.37g (4.14%), Sugar: 10.29g (11.44%), Cholesterol: 18.05mg (6.02%), Sodium: 54.98mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 1.15g (2.29%), Manganese: 0.2mg (9.81%), Fiber: 1.81g (7.23%), Selenium: 3.82µg (5.46%), Copper: 0.09mg (4.75%), Magnesium: 14.83mg (3.71%), Phosphorus: 32.17mg (3.22%), Iron: 0.53mg (2.94%), Potassium: 81.48mg (2.33%), Zinc: 0.25mg (1.69%), Vitamin A: 83.29IU (1.67%), Vitamin B2: 0.02mg (1.23%)