



Angel Macaroons

 Dairy Free

READY IN



60 min.

SERVINGS



48

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 16 oz angel food cake mix
- ☐ 0.5 cup water
- ☐ 1 teaspoon almond extract
- ☐ 7 oz coconut flakes flaked (2 cups)
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 4 teaspoons butter
- ☐ 4 teaspoons cocoa powder unsweetened
- ☐ 4 teaspoons water

☐ 0.7 cup powdered sugar

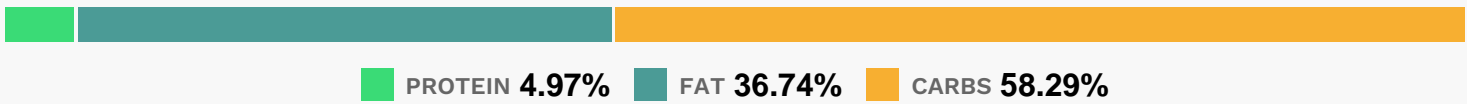
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Cover cookie sheets with cooking parchment paper or foil. In large (4-quart) glass or metal bowl, beat cake mix, 1/2 cup water and the almond extract with electric mixer on low speed 30 seconds. On medium speed, beat 1 minute, scraping bowl occasionally. Fold in coconut.
- ☐ Drop half of the mixture by teaspoonfuls about 3 inches apart onto lined cookie sheets.
- ☐ Bake 7 to 9 minutes or until light golden brown around edges. Cool macaroons completely before removing from parchment paper.
- ☐ Meanwhile, stir 1 tablespoon cocoa into remaining mixture.
- ☐ Bake and cool as directed above.
- ☐ In 1-quart saucepan, heat butter, 4 teaspoons cocoa and 4 teaspoons water over low heat, stirring constantly, until butter is melted. Stir in powdered sugar.
- ☐ Drizzle small amount of glaze over each cookie.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3273912900654%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 72.02kcal (3.6%), Fat: 3.05g (4.7%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.11g (3.68%), Sugar: 7.74g (8.6%), Cholesterol: 0mg (0%), Sodium: 83.36mg (3.62%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.93g (1.86%), Manganese: 0.13mg (6.72%), Phosphorus: 41.84mg (4.18%), Fiber: 0.79g (3.16%), Selenium: 1.99µg (2.85%), Copper: 0.05mg (2.48%), Vitamin B2: 0.03mg (1.79%), Calcium: 16.01mg (1.6%), Magnesium: 5.75mg (1.44%), Folate: 4.41µg (1.1%), Iron: 0.19mg (1.06%)