



BAKER'S ONE BOWL Chocolate Chunk Macaroons

READY IN



29 min.

SERVINGS



29

CALORIES



187 kcal

Ingredients

- 14 oz baker's angel flake coconut
- 0.3 cup flour
- 1 cup planters pecans toasted chopped
- 0.1 tsp salt
- 4 oz baker's semi-sweet chocolate chopped
- 14 oz condensed milk sweetened canned
- 2 tsp vanilla

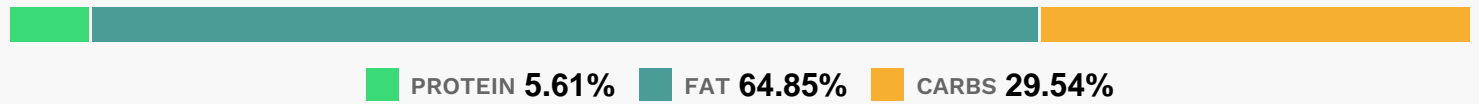
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350F.
- Combine coconut, chopped chocolate, nuts, flour and salt in large bowl.
- Add condensed milk and vanilla; stir until blended.
- Drop level tablespoons of coconut mixture, 1 inch apart, onto baking sheets sprayed with cooking spray.
- Bake 12 to 14 min. or until golden brown. Immediately remove to wire racks; cool completely.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:5.35, Inflammation Score:-1, Nutrition Score:4.984347830648%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 186.55kcal (9.33%), Fat: 13.99g (21.53%), Saturated Fat: 9.66g (60.36%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 11.43g (4.16%), Sugar: 10.06g (11.18%), Cholesterol: 4.89mg (1.63%), Sodium: 32.91mg (1.43%), Alcohol: 0.1g (100%), Alcohol %: 0.35% (100%), Caffeine: 3.36mg (1.12%), Protein: 2.73g (5.45%), Manganese: 0.59mg (29.62%), Fiber: 2.91g (11.64%), Copper: 0.2mg (10.15%), Phosphorus: 84.01mg (8.4%), Selenium: 5.5µg (7.86%), Magnesium: 27.24mg (6.81%), Vitamin B2: 0.08mg (4.96%), Iron: 0.88mg (4.89%), Calcium: 47.49mg (4.75%), Potassium: 163.23mg (4.66%), Zinc: 0.67mg (4.48%), Vitamin B1: 0.06mg (3.71%), Vitamin B6: 0.06mg (2.86%), Vitamin B5: 0.26mg (2.6%), Folate: 6.12µg (1.53%), Vitamin B3: 0.27mg (1.35%), Vitamin B12: 0.07µg (1.12%), Vitamin E: 0.15mg (1.03%)