



## BAKER'S ONE BOWL Coconut Macaroons

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



187 kcal

DESSERT

### Ingredients

- 1 tsp almond extract
- 4 egg whites
- 14 oz baker's angel flake coconut (5-)
- 6 Tbsp flour
- 0.3 tsp salt
- 0.7 cup sugar

### Equipment

- bowl

baking sheet

oven

## Directions

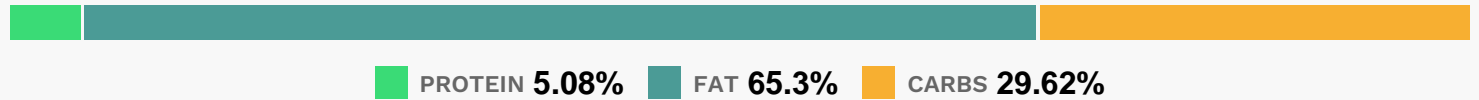
Heat oven to 325F.

Combine coconut, sugar, flour and salt in large bowl. Stir in egg whites and extract until blended.

Drop coconut mixture into 36 mounds, 2 inches apart, onto greased and lightly floured baking sheets, using about 1 Tbsp. coconut mixture for each.

Bake 20 min. or until edges are golden brown. Immediately remove from baking sheets to wire racks; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:8.06, Glycemic Load:6.55, Inflammation Score:-1, Nutrition Score:4.4469565392836%

## Nutrients (% of daily need)

Calories: 187.28kcal (9.36%), Fat: 14.29g (21.98%), Saturated Fat: 12.62g (78.88%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 10.92g (3.97%), Sugar: 9.1g (10.11%), Cholesterol: 0mg (0%), Sodium: 51.67mg (2.25%), Alcohol: 0.08g (100%), Alcohol %: 0.26% (100%), Protein: 2.5g (5%), Manganese: 0.62mg (31.2%), Fiber: 3.66g (14.65%), Copper: 0.18mg (9.07%), Selenium: 6.3µg (9.01%), Magnesium: 21.16mg (5.29%), Phosphorus: 49.14mg (4.91%), Iron: 0.86mg (4.76%), Vitamin B2: 0.07mg (3.84%), Potassium: 133.77mg (3.82%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.46mg (3.09%), Vitamin B1: 0.03mg (2.21%), Vitamin B5: 0.2mg (2%), Folate: 6.83µg (1.71%), Vitamin B3: 0.29mg (1.44%)