



BAKER'S ONE BOWL Macaroons

 Vegetarian  Gluten Free

READY IN



82 min.

SERVINGS



22

CALORIES



98 kcal

Ingredients

- 2.7 cups baker's angel flake coconut
- 0.7 cup condensed milk sweetened canned
- 1 tsp vanilla

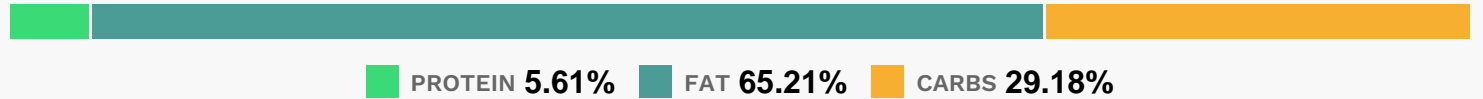
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Combine coconut, milk and vanilla. Drop by heaping teaspoonfuls, about 1 inch apart, onto well-greased baking sheets. To prevent burning, press down any ends of coconut shreds with back of spoon.
- Bake 10 to 12 min. or until golden brown. Immediately transfer from baking sheets to wire racks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:2.4756521313735%

Nutrients (% of daily need)

Calories: 98.32kcal (4.92%), Fat: 7.46g (11.47%), Saturated Fat: 6.4g (40.03%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.83g (2.12%), Sugar: 5.83g (6.47%), Cholesterol: 3.15mg (1.05%), Sodium: 15.61mg (0.68%), Alcohol: 0.07g (100%), Alcohol %: 0.42% (100%), Protein: 1.44g (2.88%), Manganese: 0.28mg (14.19%), Fiber: 1.68g (6.72%), Selenium: 3.28µg (4.68%), Phosphorus: 44.7mg (4.47%), Copper: 0.08mg (4.18%), Magnesium: 11.71mg (2.93%), Calcium: 29.03mg (2.9%), Vitamin B2: 0.05mg (2.89%), Potassium: 90.63mg (2.59%), Iron: 0.36mg (2%), Zinc: 0.29mg (1.96%), Vitamin B6: 0.04mg (1.78%), Vitamin B5: 0.15mg (1.52%)