



Black-and-White Coconut Macaroons

READY IN



145 min.

SERVINGS



40

CALORIES



153 kcal

DESSERT

Ingredients

- 3 cups accompaniment: lightly whipped cream shredded packed
- 17.5 oz sugar cookie mix
- 0.5 cup condensed milk sweetened (not evaporated)
- 0.5 teaspoon almond extract
- 1 teaspoon cream of tartar
- 2 egg whites
- 12 oz semi chocolate chips
- 1 tablespoon shortening
- 0.3 cup macadamia nuts finely chopped

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- hand mixer

Directions

- Heat oven to 350°F. Line cookie sheets with cooking parchment paper. Using food processor, process coconut until finely ground.
- In large bowl, stir together coconut and cookie mix.
- Add sweetened condensed milk and almond extract; mix well.
- Mixture will be crumbly. Stir in cream of tartar.
- In small bowl, beat egg whites with electric mixer on medium speed until soft peaks form. Fold egg whites into cookie mixture. Using 1 1/2 tablespoon-size cookie scoop, firmly pack with coconut mixture and place mound on cookie sheet. Repeat with remaining coconut, placing mounds 2 inches apart. Press each mound to flatten slightly.
- Bake 8 to 10 minutes or until edges just begin to lightly brown (do not overbake). Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.
- In 1-quart nonstick saucepan, melt chocolate chips and shortening over medium heat, stirring until chocolate is melted. Dip each cooled cookie halfway into melted chocolate, letting excess drip off.
- Place on sheet of parchment paper; sprinkle chocolate portion with nuts.
- Let stand until chocolate sets, about 1 hour. Store between sheets of parchment paper in tightly covered container.

Nutrition Facts



■ PROTEIN 4.4% ■ FAT 51.04% ■ CARBS 44.56%

Properties

Glycemic Index:1.77, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:2.1013043407837%

Nutrients (% of daily need)

Calories: 153.27kcal (7.66%), Fat: 8.76g (13.48%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 16.43g (5.98%), Sugar: 11.67g (12.97%), Cholesterol: 14.14mg (4.71%), Sodium: 47.17mg (2.05%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 7.31mg (2.44%), Protein: 1.7g (3.4%), Manganese: 0.16mg (7.97%), Copper: 0.12mg (5.78%), Magnesium: 17.59mg (4.4%), Iron: 0.63mg (3.53%), Phosphorus: 34.12mg (3.41%), Fiber: 0.78g (3.11%), Vitamin A: 144.97IU (2.9%), Calcium: 23.5mg (2.35%), Potassium: 81.42mg (2.33%), Selenium: 1.62µg (2.32%), Vitamin B2: 0.03mg (1.93%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.81%)