



## Black-and-White Coconut Macaroons

READY IN



145 min.

SERVINGS



40

CALORIES



143 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 cups coconut or shredded packed
- ☐ 1 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 0.3 cup macadamia nuts finely chopped
- ☐ 12 oz semi chocolate chips
- ☐ 1 tablespoon shortening
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 0.5 cup condensed milk sweetened (not evaporated)

# Equipment

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

# Directions

- ☐ Heat oven to 350F. 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 **4.73%**  FAT **46.1%**  CARBS **49.17%**

Properties

Glycemic Index:2.03, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:2.5443478571656%

Nutrients (% of daily need)

Calories: 143.44kcal (7.17%), Fat: 7.44g (11.45%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 16.53g (6.01%), Sugar: 11.4g (12.66%), Cholesterol: 1.81mg (0.6%), Sodium: 44.94mg (1.95%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 7.31mg (2.44%), Protein: 1.72g (3.43%), Manganese: 0.25mg (12.47%), Copper: 0.14mg (7.09%), Fiber: 1.32g (5.27%), Magnesium: 19.51mg (4.88%), Iron: 0.78mg (4.34%), Phosphorus: 40.9mg (4.09%), Selenium: 2.23µg (3.18%), Potassium: 102.78mg (2.94%), Zinc: 0.34mg (2.28%), Vitamin B1: 0.03mg (2.07%), Vitamin B2: 0.03mg (2%), Calcium: 18.04mg (1.8%), Folate: 4.15µg (1.04%)