



Carrot Cake Macaroons with Maple-Cream Cheese Glaze



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



40

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 0.5 cup carrots finely grated
- ☐ 2.5 cups coconut flakes flaked lightly toasted
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 4 egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon maple syrup
- ☐ 3 tablespoons milk
- ☐ 0.5 cup powdered sugar
- ☐ 1 Dash salt
- ☐ 0.3 cup walnut pieces toasted chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350F. Line 2 cookie sheets with silicone baking mats or parchment paper.
- ☐ In large bowl, beat egg whites and salt with whisk until mixture turns white and begins to stiffen. Beat in one-third granulated sugar at a time until mixture is very stiff. Fold in remaining macaroon ingredients (do not stir vigorously or egg whites will lose their stiffness).
- ☐ Spoon teaspoonfuls of mixture about 1 to 2 inches apart onto cookie sheets.
- ☐ Bake 20 minutes or until golden brown (insides should be soft but outsides should be just firm). Cool completely before removing from cookie sheets.
- ☐ While macaroons are cooling, in medium bowl, beat cream cheese, milk, syrup and powdered sugar with whisk until no longer lumpy, adding more powdered sugar or milk to reach drizzling consistency. If desired, pour glaze into decorating bag.
- ☐ Pipe glaze onto cooled macaroons, or use spoon to drizzle glaze over macaroons.
- ☐ Let glaze set before serving or storing.

Nutrition Facts



 PROTEIN **5.66%**  FAT **60.67%**  CARBS **33.67%**

Properties

Glycemic Index:7.84, Glycemic Load:1.99, Inflammation Score:-2, Nutrition Score:1.800869550394%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 69.83kcal (3.49%), Fat: 4.94g (7.6%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.93g (5.48%), Cholesterol: 3mg (1%), Sodium: 18.48mg (0.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Manganese: 0.21mg (10.57%), Vitamin A: 307.65IU (6.15%), Fiber: 1.02g (4.07%), Copper: 0.06mg (2.83%), Selenium: 1.93µg (2.75%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 18.77mg (1.88%), Magnesium: 7.08mg (1.77%), Potassium: 49.5mg (1.41%), Iron: 0.22mg (1.25%), Vitamin B6: 0.02mg (1.24%), Zinc: 0.16mg (1.06%)