



## Chewy Chocolate-Coconut Macaroons

READY IN



45 min.

SERVINGS



36

CALORIES



77 kcal

### Ingredients

- 0.5 cup cake flour sifted
- 2.5 cups coconut sweetened packed flaked
- 0.1 teaspoon salt
- 14 ounce condensed milk fat-free sweetened canned
- 2 ounces baker's chocolate unsweetened chopped
- 2 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

### Equipment

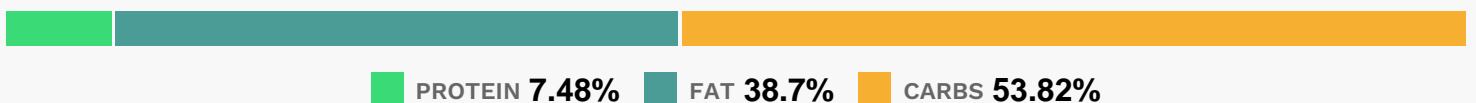
- bowl

- frying pan
- baking sheet
- baking paper
- oven
- knife
- wire rack
- microwave
- measuring cup

## Directions

- Preheat oven to 25
- Line a large baking sheet with parchment paper, and secure with masking tape.
- Place unsweetened chocolate in a small microwave-safe bowl. Microwave at high for 1 minute or until almost melted.
- Remove from microwave; stir until chocolate is completely melted.
- Spoon flour into a dry measuring cup; level with a knife.
- Combine cake flour, unsweetened cocoa, and salt in a large bowl.
- Add coconut, and toss well. Stir in melted chocolate, vanilla extract, and sweetened condensed milk (the mixture will be stiff). Drop by level tablespoons 2 inches apart onto prepared baking sheet.
- Bake at 250 for 45 minutes or until edges of cookies are firm and center of cookies are soft, rotating baking sheet once during baking time.
- Remove from oven, and cool 10 minutes on pan on a wire rack.
- Remove the cookies from the parchment paper, and cool completely on rack. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:2.0578261011321%

## Flavonoids

Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 77.42kcal (3.87%), Fat: 3.5g (5.39%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 9.97g (3.63%), Sugar: 8.21g (9.12%), Cholesterol: 3.75mg (1.25%), Sodium: 39.38mg (1.71%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.52g (3.04%), Manganese: 0.15mg (7.38%), Selenium: 3.44µg (4.91%), Phosphorus: 43.83mg (4.38%), Copper: 0.08mg (4.19%), Fiber: 0.99g (3.96%), Calcium: 34.18mg (3.42%), Magnesium: 12.86mg (3.22%), Vitamin B2: 0.05mg (2.95%), Iron: 0.44mg (2.44%), Potassium: 81.41mg (2.33%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.1mg (1.02%)