



Chewy Coconut Macaroons

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



81 kcal

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups coconut or sweetened flaked
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1.5 teaspoons vanilla extract

Equipment

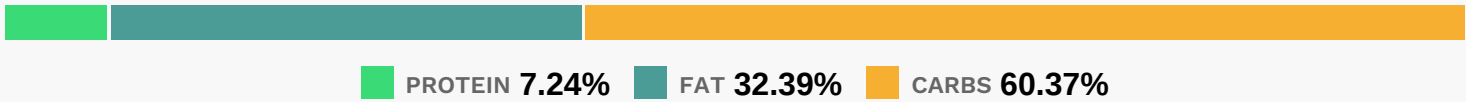
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 25
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour and coconut in a medium bowl; toss well.
- ☐ Add the vanilla, salt, and milk; stir until well-blended. (
- ☐ Mixture will be very thick.)
- ☐ Drop the batter by scant tablespoons (about 2 teaspoons) 2 inches apart onto a baking sheet lined with parchment paper.
- ☐ Bake at 250 for 50 minutes or until golden brown.
- ☐ Remove from pan; cool cookies completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:5.73, Inflammation Score:-1, Nutrition Score:1.8108695635329%

Nutrients (% of daily need)

Calories: 81.3kcal (4.06%), Fat: 2.97g (4.57%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.71g (4.26%), Sugar: 9.22g (10.25%), Cholesterol: 4.22mg (1.41%), Sodium: 43.84mg (1.91%), Alcohol: 0.06g (100%), Alcohol %: 0.37% (100%), Protein: 1.49g (2.98%), Selenium: 3.9µg (5.57%), Manganese: 0.08mg (4.24%), Phosphorus: 41.2mg (4.12%), Vitamin B2: 0.07mg (3.96%), Calcium: 36.42mg (3.64%), Fiber: 0.74g (2.95%), Vitamin B1: 0.04mg (2.35%), Potassium: 73.4mg (2.1%), Magnesium: 7.28mg (1.82%), Folate: 6.92µg (1.73%), Iron: 0.26mg (1.44%), Copper: 0.03mg (1.29%), Zinc: 0.18mg (1.23%), Vitamin B3: 0.25mg (1.23%), Vitamin B5: 0.12mg (1.15%)