



Chocolate-Almond-Coconut Macarons

READY IN



40 min.

SERVINGS



1

CALORIES



3791 kcal

Ingredients

- 0.5 teaspoon almond extract
- 7 ounce almond paste (with oil) grated
- 1 egg white
- 2 tablespoons flour (all-purpose)
- 0.5 teaspoon orange rind (grated)
- 0.3 teaspoon salt
- 0.3 cup semisweet chocolate mini-morsels
- 14 ounce coconut (or sweetened flaked)
- 0.8 cup condensed milk (sweetened)
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- microwave
- measuring cup

Directions

- Combine coconut and sweetened condensed milk in a large bowl.
- Add almond paste and next 5 ingredients. Stir in mini-morsels.
- Beat egg white at high speed with an electric mixer until stiff peaks form; fold into coconut mixture.
- Drop by heaping tablespoonfuls onto parchment paper-lined baking sheets.
- Bake at 325 for 20 to 21 minutes or until edges are golden and tops are lightly browned. Cool completely on baking sheets.
- If desired, microwave chocolate morsels and shortening in a 1-cup glass measuring cup on HIGH 1 minute or until melted, stirring once.
- Pour melted chocolate into a small zip-top freezer bag. Snip a small hole in 1 corner of bag; drizzle chocolate over macaroons, and sprinkle with toasted almonds, if desired.
- Let stand until chocolate is firm.

Nutrition Facts



PROTEIN 5.75% **FAT 46.93%** **CARBS 47.32%**

Properties

Glycemic Index:136, Glycemic Load:84.44, Inflammation Score:-10, Nutrition Score:58.509130560833%

Nutrients (% of daily need)

Calories: 3791.42kcal (189.57%), Fat: 203.03g (312.35%), Saturated Fat: 132.26g (826.63%), Carbohydrates: 460.65g (153.55%), Net Carbohydrates: 407.82g (148.3%), Sugar: 359.56g (399.51%), Cholesterol: 80.65mg (26.89%), Sodium: 2076.71mg (90.29%), Alcohol: 1.38g (100%), Alcohol %: 0.19% (100%), Caffeine: 37.63mg (12.54%), Protein: 55.95g (111.9%), Manganese: 6.21mg (310.73%), Fiber: 52.83g (211.32%), Vitamin E: 27.43mg (182.85%), Selenium: 120.97µg (172.82%), Phosphorus: 1624.42mg (162.44%), Magnesium: 604.38mg (151.1%), Copper: 2.68mg (134.25%), Vitamin B2: 2.07mg (121.63%), Calcium: 1070.65mg (107.07%), Potassium: 3228.52mg (92.24%), Iron: 13.11mg (72.82%), Zinc: 9.19mg (61.29%), Folate: 210.97µg (52.74%), Vitamin B1: 0.56mg (37.56%), Vitamin B3: 7.38mg (36.88%), Vitamin B5: 2.76mg (27.61%), Vitamin B12: 1.12µg (18.59%), Vitamin B6: 0.33mg (16.67%), Vitamin A: 638.84IU (12.78%), Vitamin C: 7.53mg (9.12%), Vitamin K: 4.57µg (4.35%), Vitamin D: 0.46µg (3.06%)