



Chocolate-and-Almond Macaroons

 Gluten Free

READY IN



49 min.

SERVINGS



100

CALORIES



32 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp almond extract
- ☐ 24 unblanched almonds whole
- ☐ 0.5 cup chocolate morsels dark
- ☐ 0.1 teaspoon salt
- ☐ 14 oz coconut or sweetened flaked
- ☐ 0.8 cup condensed milk sweetened

Equipment

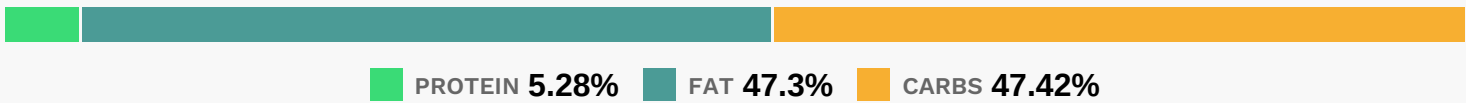
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ microwave

Directions

- ☐ Stir together first 4 ingredients. Drop dough by lightly greased tablespoonfuls onto parchment paper-lined baking sheets. Press an almond into top of each cookie.
- ☐ Bake at 350 for 15 to 17 minutes or until golden.
- ☐ Remove to wire racks to cool.
- ☐ Microwave 1/2 cup chocolate morsels in a microwave-safe bowl at HIGH 1 minute and 15 seconds or until melted and smooth, stirring at 30-second intervals and at end.
- ☐ Transfer to a 1-qt. zip-top plastic freezer bag; cut a tiny hole in 1 corner of bag. Pipe melted chocolate over cooled cookies by gently squeezing bag.

Nutrition Facts



Properties

Glycemic Index:0.71, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:0.63173913137744%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 31.75kcal (1.59%), Fat: 1.71g (2.64%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.41g (1.24%), Sugar: 3.03g (3.36%), Cholesterol: 0.79mg (0.26%), Sodium: 18.1mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0.06% (100%), Protein: 0.43g (0.86%), Manganese: 0.05mg (2.25%), Fiber: 0.46g (1.83%), Selenium: 1.04µg (1.48%), Phosphorus: 12.06mg (1.21%), Calcium: 10.33mg (1.03%)