



## Chocolate, Coconut, and Almond Snowdrops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup almonds toasted sliced
- 0.3 teaspoon cream of tartar
- 4 large egg whites
- 0.1 teaspoon salt
- 0.3 cup semisweet chocolate minichips
- 0.8 cup sugar
- 0.3 cup coconut or sweetened flaked toasted

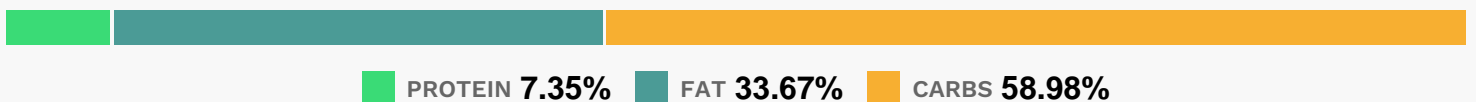
## Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- blender

## Directions

- Preheat oven to 27
- Place first 3 ingredients in a large bowl; beat with a mixer at high speed until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat). Gently fold in coconut, almonds, and minichips.
- Drop batter by slightly rounded tablespoons 1/2 inch apart onto baking sheets lined with parchment paper.
- Place 1 pan on bottom oven rack and 1 pan on middle rack.
- Bake at 275 for 30 minutes. Rotate pans; bake an additional 30 minutes or until cookies are dry.
- Remove cookies from pans; cool completely on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:1.67, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:0.5873913070106%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

## Nutrients (% of daily need)

Calories: 29.41kcal (1.47%), Fat: 1.13g (1.74%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.18g (1.52%), Sugar: 3.99g (4.43%), Cholesterol: 0.1mg (0.03%), Sodium: 12.51mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Manganese: 0.04mg (2.13%), Copper: 0.03mg (1.49%), Magnesium: 5.22mg (1.31%), Vitamin B2: 0.02mg (1.23%), Selenium: 0.83µg (1.18%), Vitamin E: 0.17mg (1.15%), Fiber: 0.27g (1.08%)