



Chocolate-Drizzled Coconut Macaroons

 Dairy Free

READY IN



405 min.

SERVINGS



35

CALORIES



101 kcal

DESSERT

Ingredients

- 4 large egg whites
- 0.5 cup flour all-purpose
- 1.3 cups granulated sugar
- 1 tablespoon honey
- 0.5 teaspoon salt fine
- 6 ounces semi chocolate chips
- 2.7 cups coconut shredded sweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- microwave

Directions

- Fill a large saucepan with 2 inches of water and bring it to a boil over high heat. Reduce the heat to low so the water is just simmering.
- Whisk together the sugar, egg whites, honey, vanilla, and salt in a large heatproof bowl. Set the bowl over, but not touching, the simmering water.
- Heat, whisking frequently, until the sugar has dissolved and the mixture looks thicker, paler, and is hot to the touch, about 8 to 10 minutes.
- Remove the bowl from the heat and stir in the coconut and flour. Cover and refrigerate the dough for at least 6 hours or preferably overnight.
- Heat the oven to 350°F and arrange a rack in the middle. Line a baking sheet with parchment paper. Stir the dough and drop level tablespoons onto the baking sheet about 2 inches apart. Store the remaining dough in the refrigerator.
- Bake until the cookies are light golden brown around the edges and set in the centers, rotating the sheet halfway through, about 12 to 15 minutes total.
- Place the pan on a wire rack and let the cookies sit for 1 minute.
- Transfer the cookies to the wire rack to cool completely. Using a cooled baking sheet and the same sheet of parchment, repeat with the remaining dough. Set aside the parchment to use for drizzling the chocolate over the cooled cookies.

- Place the cooled cookies on the reserved parchment sheet (they can be touching). Melt the chocolate chips in a small saucepan over low heat. (Alternatively, melt the chocolate chips in the microwave.) Dip a fork into the chocolate and drizzle it over the macaroons in a zigzag pattern.
- Let the cookies sit at room temperature until the chocolate has set, about 30 minutes. Store the macaroons in an airtight container for up to 2 days.

Nutrition Facts



PROTEIN 4.25% **FAT 38.03%** **CARBS 57.72%**

Properties

Glycemic Index:5.64, Glycemic Load:6.23, Inflammation Score:-1, Nutrition Score:1.9186956843604%

Nutrients (% of daily need)

Calories: 100.61kcal (5.03%), Fat: 4.34g (6.68%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 14.08g (5.12%), Sugar: 12.41g (13.79%), Cholesterol: 0.29mg (0.1%), Sodium: 58.07mg (2.52%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.18mg (1.39%), Protein: 1.09g (2.18%), Manganese: 0.25mg (12.39%), Copper: 0.09mg (4.32%), Selenium: 2.96µg (4.23%), Magnesium: 12.82mg (3.2%), Fiber: 0.75g (2.99%), Iron: 0.53mg (2.95%), Phosphorus: 22.5mg (2.25%), Vitamin B2: 0.03mg (1.81%), Zinc: 0.27mg (1.8%), Potassium: 59.35mg (1.7%), Vitamin B1: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.07%)