



Chocolate Ganache-Filled Macaroons

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



3911 kcal

DESSERT

Ingredients

- 1 tsp almond extract
- 0.3 cup planters roasted almonds dry
- 4 egg whites
- 14 oz baker's angel flake coconut (5-)
- 0.3 tsp salt
- 2 oz baker's semi-sweet chocolate
- 0.7 cup sugar
- 1 cup cool whip whipped topping thawed

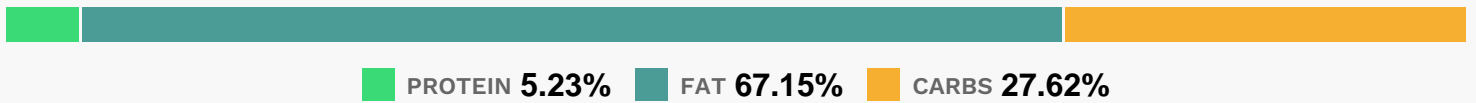
Equipment

- bowl
- baking sheet
- oven
- ziploc bags
- microwave

Directions

- Heat oven to 325F.
- Combine coconut, sugar and salt in large bowl.
- Add egg whites and extract; mix well.
- Drop coconut mixture into 32 mounds on parchment-covered baking sheet, using about 1 Tbsp. coconut mixture for each mound. Press indentation into center of each.
- Bake 20 min. or until edges are golden brown. Cool completely on baking sheet. Meanwhile, microwave chocolate and COOL WHIP in microwaveable bowl on HIGH 1 min. or until chocolate is completely melted and mixture is well blended, stirring every 30 sec. Cool.
- Spoon melted chocolate into resealable plastic bag; snip small piece off one bottom corner of bag. Use to fill centers of macaroons; top with nuts.

Nutrition Facts



Properties

Glycemic Index:80.09, Glycemic Load:93.41, Inflammation Score:-9, Nutrition Score:53.659565371016%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg,

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 3910.61kcal (195.53%), Fat: 306.13g (470.98%), Saturated Fat: 249.42g (1558.87%), Carbohydrates: 283.22g (94.41%), Net Carbohydrates: 209.52g (76.19%), Sugar: 203.69g (226.32%), Cholesterol: 4.9mg (1.63%), Sodium: 989.16mg (43.01%), Alcohol: 1.44g (100%), Alcohol %: 0.22% (100%), Caffeine: 48.76mg (16.25%), Protein: 53.69g (107.38%), Manganese: 12.49mg (624.63%), Fiber: 73.7g (294.79%), Copper: 4.28mg (214.15%), Selenium: 106.26µg (151.79%), Magnesium: 572.49mg (143.12%), Phosphorus: 1210.73mg (121.07%), Iron: 18.33mg (101.86%), Potassium: 3019.01mg (86.26%), Vitamin B2: 1.46mg (85.64%), Vitamin E: 11.61mg (77.39%), Zinc: 10.73mg (71.51%), Vitamin B6: 1.28mg (64.05%), Vitamin B5: 3.74mg (37.42%), Calcium: 298.32mg (29.83%), Vitamin B1: 0.35mg (23.32%), Vitamin B3: 4.38mg (21.91%), Folate: 58.5µg (14.63%), Vitamin K: 7.67µg (7.31%), Vitamin C: 5.95mg (7.22%), Vitamin B12: 0.36µg (6%), Vitamin A: 84.21IU (1.68%)