



Chocolate Macaroon Nests

 **Gluten Free**

READY IN



55 min.

SERVINGS



55

CALORIES



65 kcal

DESSERT

Ingredients

- 2.7 cups baker's angel flake coconut (7-oz. pkg.)
- 3.4 oz jell-o chocolate flavor pudding instant
- 0.5 cup gourmet jelly beans mini
- 4 oz baker's semi-sweet chocolate
- 0.7 cup condensed milk sweetened canned
- 0.5 tsp vanilla

Equipment

- baking sheet

oven

Directions

Heat oven to 325F.

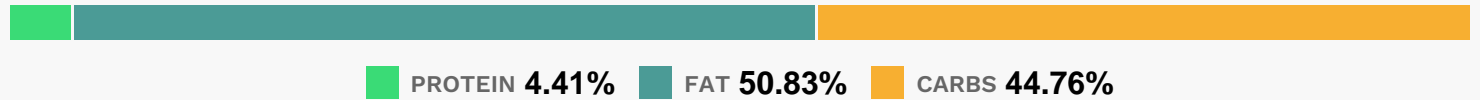
Combine dry pudding mix, coconut, milk and vanilla. Drop by heaping teaspoonfuls, 1 inch apart, into 30 mounds on parchment-covered baking sheets.

Bake 12 to 15 min. or until firm. Immediately transfer macaroons from baking sheets to wire racks; press 3 jelly beans into top of each. Cool completely.

Melt chocolate as directed on package. Dip bottoms of macaroons in chocolate; place on waxed paper.

Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:1.3860869558285%

Nutrients (% of daily need)

Calories: 65.48kcal (3.27%), Fat: 3.81g (5.86%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.64g (2.41%), Sugar: 5.71g (6.34%), Cholesterol: 1.38mg (0.46%), Sodium: 32.52mg (1.41%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Protein: 0.74g (1.49%), Manganese: 0.15mg (7.4%), Fiber: 0.9g (3.62%), Copper: 0.07mg (3.29%), Phosphorus: 24.58mg (2.46%), Magnesium: 9.14mg (2.28%), Selenium: 1.55µg (2.22%), Iron: 0.3mg (1.66%), Potassium: 52.78mg (1.51%), Calcium: 13.16mg (1.32%), Vitamin B2: 0.02mg (1.28%), Zinc: 0.18mg (1.23%)