



Chocolate Macaroons II

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



71 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.3 cup butter
- 1 cup coconut or flaked
- 3 ounces cream cheese softened
- 0.3 cup dutch process cocoa powder
- 1 eggs
- 1.5 cups flour all-purpose
- 3 tablespoons milk

- 1 teaspoon vanilla extract
- 0.5 cup walnuts finely chopped
- 1 cup sugar white

Equipment

- baking sheet
- oven
- knife
- rolling pin

Directions

- To Make Filling: Beat cream cheese, 1/3 cup sugar and vanilla until soft and smooth.
- Add coconut and nuts. Chill.
- To Make Dough: Beat butter until softened.
- Add half of flour. Then add 1 cup sugar, cocoa, egg, milk, and baking soda. Beat until combined. Work in the rest of the flour. Chill dough until firm enough to roll.
- Place dough between 2 sheets of waxed paper. With rolling pin roll dough in a rectangle 14 x 6 inches.
- Remove top sheet of waxed paper.
- Remove filling from refrigerator and shape into a roll 14 inches long.
- Place filling on top of dough. Start on one end and roll dough around filling (like rolling up a rug) . Moisten and pinch edges together.
- Cut roll in half. Wrap in waxed paper and refrigerate for two days.
- Cut into 1/4 inch slices (using a very sharp knife or waxed dental floss). Put on greased cookie sheets and bake at 375 degrees F (190 degrees C) for 8 to 10 minutes. Cool on sheet for about 1 minute and then finish cooling on racks.

Nutrition Facts



PROTEIN 5.82% FAT 49.79% CARBS 44.39%

Properties

Glycemic Index:5.84, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:1.5791304100143%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 70.56kcal (3.53%), Fat: 4.06g (6.24%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.49g (2.73%), Sugar: 4.47g (4.96%), Cholesterol: 8.7mg (2.9%), Sodium: 29.66mg (1.29%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 1.07g (2.13%), Manganese: 0.13mg (6.74%), Selenium: 2.27µg (3.24%), Copper: 0.06mg (2.87%), Fiber: 0.64g (2.57%), Vitamin B1: 0.04mg (2.51%), Folate: 9.28µg (2.32%), Vitamin B2: 0.03mg (2.06%), Phosphorus: 20.41mg (2.04%), Iron: 0.36mg (1.99%), Magnesium: 7.04mg (1.76%), Vitamin A: 69.9IU (1.4%), Vitamin B3: 0.27mg (1.35%), Zinc: 0.16mg (1.05%)