



Citrus-White Chocolate Macarons

READY IN



35 min.

SERVINGS



35

CALORIES



114 kcal

DESSERT

Ingredients

- 1 tsp almond extract
- 3 oz baker's chocolate white finely chopped
- 4 egg whites
- 14 oz baker's angel flake coconut
- 6 Tbsp flour
- 2 tsp lemon zest
- 0.3 tsp salt
- 1 oz baker's semi-sweet chocolate melted
- 0.7 cup sugar

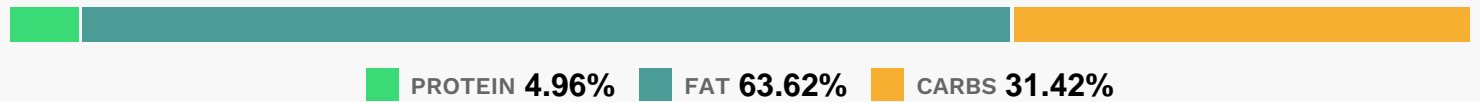
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 325F.
- Combine coconut, white chocolate, sugar, flour and salt in large bowl.
- Add egg whites, lemon zest and almond extract; mix well.
- Drop by tablespoonfuls, 2 inches apart, onto lightly greased and floured baking sheets.
- Bake 20 min. or until edges of macaroons are golden brown. Immediately remove from baking sheets to wire racks. Cool completely.
- Drizzle with melted chocolate.

Nutrition Facts



Properties

Glycemic Index:6.15, Glycemic Load:4.37, Inflammation Score:-1, Nutrition Score:2.5547826285272%

Nutrients (% of daily need)

Calories: 114.16kcal (5.71%), Fat: 8.44g (12.98%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 7.41g (2.7%), Sugar: 6.41g (7.13%), Cholesterol: 0.56mg (0.19%), Sodium: 28.85mg (1.25%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 1.48g (2.96%), Manganese: 0.33mg (16.59%), Fiber: 1.96g (7.86%), Copper: 0.1mg (5.25%), Selenium: 3.42µg (4.89%), Phosphorus: 31.67mg (3.17%), Magnesium: 12.61mg (3.15%), Iron: 0.5mg (2.77%), Vitamin B2: 0.04mg (2.41%), Potassium: 80.52mg (2.3%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.83%), Vitamin B1: 0.02mg (1.26%), Vitamin B5: 0.12mg (1.2%)