






Coconut-Almond Macaroons

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



54

CALORIES



23 kcal

DESSERT

Ingredients

- 0.3 cup almonds finely chopped
- 0.5 teaspoon cream of tartar
- 4 large egg whites
- 0.3 teaspoon salt
- 1 cup sugar
- 0.5 cup coconut or sweetened flaked

Equipment

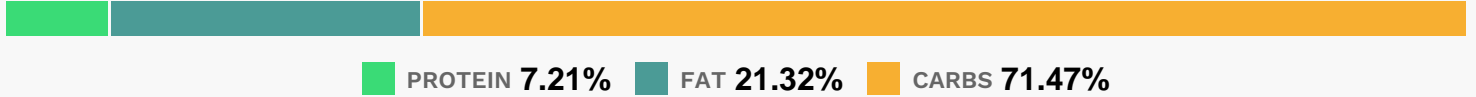
- bowl

- baking sheet
- baking paper
- oven
- blender

Directions

- Preheat oven to 30
- Place the first 3 ingredients in a large bowl; beat with a mixer at high speed until soft peaks form.
- Add sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold in coconut and almonds.
- Cover baking sheets with parchment paper; secure with masking tape. Drop coconut mixture by level tablespoonfuls onto baking sheets.
- Bake at 300 for 40 minutes or until dry. Cool on pans on wire racks.
- Note: Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:0.35565217244236%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 23.02kcal (1.15%), Fat: 0.57g (0.87%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.11g (1.5%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 17.13mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Manganese: 0.02mg (1.16%), Vitamin E: 0.17mg (1.13%), Vitamin B2: 0.02mg (1.12%)