



Coconut-Almond Macaroons

 Vegetarian  Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



475 kcal

DESSERT

Ingredients

- 3 egg whites
- 0.3 teaspoon cream of tartar
- 0.1 teaspoon salt
- 0.8 cup sugar
- 0.3 teaspoon almond extract
- 2 cups coconut flakes flaked
- 12 candied cherries cut into fourths, if desired

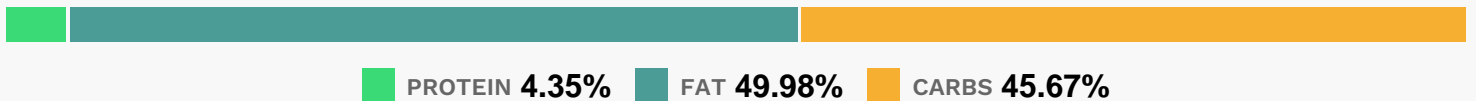
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- aluminum foil

Directions

- Heat oven to 300°F. Cover cookie sheet with aluminum foil or parchment paper. Beat egg whites, cream of tartar and salt in small bowl with electric mixer on high speed until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat.
- Pour into medium bowl. Fold in almond extract and coconut.
- Drop mixture by teaspoonfuls about 1 inch apart onto cookie sheet.
- Place 1 cherry piece on each cookie.
- Bake 20 to 25 minutes or just until edges are light brown. Cool 10 minutes; remove from foil to wire rack.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:-1, Nutrition Score:8.2991303863085%

Nutrients (% of daily need)

Calories: 474.98kcal (23.75%), Fat: 27.62g (42.49%), Saturated Fat: 24.32g (151.99%), Carbohydrates: 56.77g (18.92%), Net Carbohydrates: 49.74g (18.09%), Sugar: 46.32g (51.47%), Cholesterol: 0mg (0%), Sodium: 126.24mg (5.49%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.41g (10.83%), Manganese: 1.17mg (58.59%), Fiber: 7.04g (28.14%), Selenium: 12.59µg (17.98%), Copper: 0.35mg (17.34%), Magnesium: 40.76mg (10.19%), Phosphorus: 90.95mg (9.09%), Vitamin B2: 0.15mg (8.74%), Potassium: 299.52mg (8.56%), Iron: 1.46mg (8.09%), Vitamin B6: 0.13mg (6.43%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.38mg (3.83%), Vitamin B1: 0.03mg (1.76%), Vitamin B3: 0.28mg (1.4%), Calcium: 13.09mg (1.31%), Vitamin E: 0.19mg (1.25%), Folate: 4.72µg (1.18%)