



Coconut Almond Macaroons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



32

CALORIES



62 kcal

DESSERT

Ingredients



3 tablespoon almond paste



1.3 teaspoon double-acting baking powder



0.5 cup granulated sugar



0.3 teaspoon salt



3.5 cup coconut or sweetened flaked



1 teaspoon vanilla extract

Equipment



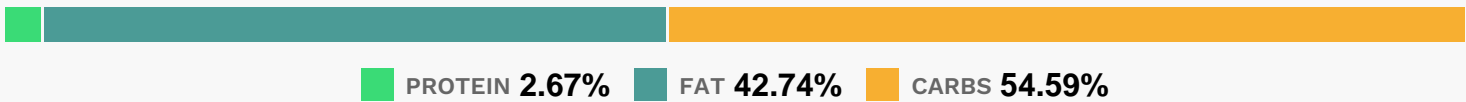
bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ pastry bag

Directions

- ☐ Preheat oven to 350°.
- ☐ Combine almond paste, 1 teaspoon vanilla, and 2 egg whites in a large bowl; beat with a mixer until well blended.
- ☐ Combine powdered sugar, baking powder, and salt.
- ☐ Add powdered sugar mixture to almond paste mixture, beating until blended. Stir in coconut.
- ☐ Place remaining 2 egg whites in a medium bowl; beat with a mixer at high speed until soft peaks form using clean, dry beaters. Gradually add granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg white mixture into coconut mixture. Scoop the mixture into a pastry bag fitted with a large star tip. Pipe the mixture into 2 tablespoon dollops about 2 inches apart onto a baking sheet lined with parchment paper. Then slightly flatten each one to get a rounded shape. Try to keep the pointed edges intact as these get brown and crunchy.
- ☐ Bake at 350° for 20 minutes or until firm. Cool in pan 2 to 3 minutes on a wire rack.
- ☐ Remove cookies from pan, garnish with optional almonds, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:5.07, Glycemic Load:2.22, Inflammation Score:-1, Nutrition Score:1.0230434763691%

Nutrients (% of daily need)

Calories: 61.74kcal (3.09%), Fat: 3.03g (4.66%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.71g (2.8%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 61.4mg (2.67%), Alcohol: 0.04g (100%), Alcohol %: 0.38% (100%), Protein: 0.43g (0.85%), Manganese: 0.1mg (5.12%), Fiber: 0.99g (3.97%), Selenium: 1.58µg (2.26%), Copper: 0.03mg (1.73%), Magnesium: 6.75mg (1.69%), Phosphorus: 16.6mg (1.66%), Vitamin E: 0.2mg (1.35%), Calcium: 12.84mg (1.28%), Potassium: 38.55mg (1.1%), Iron: 0.18mg (1.02%)