



## Coconut-Cranberry Macaroon



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



24

CALORIES



94 kcal

DESSERT

### Ingredients

- 0.5 cup cranberries dried finely chopped
- 2 large egg whites lightly beaten
- 1 orange zest finely grated
- 0.5 teaspoon salt fine
- 0.7 cup sugar
- 8 ounces coconut or shredded unsweetened finely
- 2 teaspoons vanilla extract pure

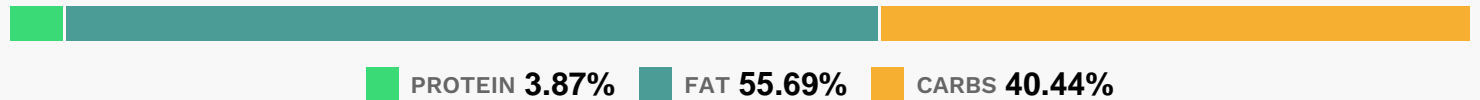
### Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 350 degrees F. Line 2 baking sheets with parchment.
- Whisk the sugar, egg whites, cranberry, orange zest, vanilla and salt in a large bowl. Toss the coconut with the egg mixture until completely coated.
- Moisten your finger tips with water. Form about 1 heaping tablespoon of the batter into pointed mounds or pyramids on the prepared pans, spacing them about 1-inch apart.
- Bake until the edges are golden brown and the entire macaroon is nicely toasted and dry, 16 to 20 minutes.
- Transfer to a rack to cool.
- Serve.
- Store macaroons in a tightly sealed container for up to a week.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:1.9108695530373%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 94.41kcal (4.72%), Fat: 6.15g (9.46%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.32g (3.03%), Sugar: 8.13g (9.04%), Cholesterol: 0mg (0%), Sodium: 56.74mg (2.47%), Alcohol: 0.11g (100%), Alcohol %: 0.68% (100%), Protein: 0.96g (1.92%), Manganese: 0.27mg (13.38%), Fiber: 1.73g (6.91%), Copper: 0.08mg (3.93%), Selenium: 2.35µg (3.36%), Magnesium: 9.06mg (2.26%), Phosphorus: 20.21mg (2.02%), Iron: 0.33mg (1.85%), Potassium: 58.71mg (1.68%), Vitamin B6: 0.03mg (1.52%), Vitamin B2: 0.02mg (1.41%), Zinc: 0.2mg (1.3%)