



## Coconut Cream Macaroons

READY IN



105 min.

SERVINGS



42

CALORIES



184 kcal

DESSERT

### Ingredients

- ☐ 21 oz coconut flakes flaked ()
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.7 cup cream of coconut canned (not coconut milk)
- ☐ 1 tablespoon vanilla
- ☐ 0.3 teaspoon almond extract
- ☐ 1 eggs
- ☐ 6 oz semi chocolate chips

☐ 1 tablespoon vegetable oil

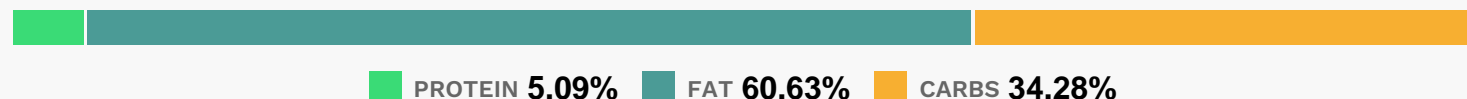
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 350°F. Line cookie sheets with foil or cooking parchment paper. On 1 lined cookie sheet, sprinkle 1 cup of the coconut over foil paper.
- ☐ Bake 5 to 7 minutes, stirring occasionally, until golden brown; cool. Reserve foil for baking cookies.
- ☐ In large bowl, mix toasted coconut, remaining coconut, the flour and salt. In medium bowl, beat milk, cream of coconut, vanilla, almond extract and egg until well mixed.
- ☐ Pour milk mixture over coconut mixture; stir until well mixed.
- ☐ On cookie sheets lined with foil, drop mixture by heaping tablespoonfuls about 2 inches apart.
- ☐ Bake 12 to 14 minutes or until golden brown (cookies will be soft in center and set at edges). Immediately slide foil with cookies from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- ☐ In 1-quart saucepan, heat chocolate chips and oil over low heat, stirring constantly, until chips are melted.
- ☐ Drizzle over cookies.
- ☐ Let stand about 30 minutes or until chocolate is set.

## Nutrition Facts



## Properties

Glycemic Index:3.24, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:4.3473912853262%

## Nutrients (% of daily need)

Calories: 183.83kcal (9.19%), Fat: 12.76g (19.63%), Saturated Fat: 10.31g (64.46%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 13.35g (4.86%), Sugar: 10.86g (12.06%), Cholesterol: 7.35mg (2.45%), Sodium: 49.26mg (2.14%), Alcohol: 0.11g (100%), Alcohol %: 0.39% (100%), Caffeine: 3.48mg (1.16%), Protein: 2.41g (4.82%), Manganese: 0.46mg (23.24%), Fiber: 2.87g (11.49%), Copper: 0.17mg (8.5%), Selenium: 5.69µg (8.13%), Phosphorus: 68.95mg (6.89%), Magnesium: 23.16mg (5.79%), Iron: 0.9mg (5.01%), Vitamin B2: 0.08mg (4.43%), Potassium: 140.12mg (4%), Zinc: 0.52mg (3.44%), Calcium: 34.12mg (3.41%), Vitamin B1: 0.04mg (2.81%), Vitamin B6: 0.05mg (2.59%), Vitamin B5: 0.23mg (2.26%), Folate: 8.25µg (2.06%), Vitamin B3: 0.32mg (1.59%)