



Coconut Macaroon Shortcake

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



209 kcal

DESSERT

Ingredients

- 0.5 tsp almond extract
- 2 egg whites
- 1.3 cups baker's angel flake coconut
- 2 Tbsp flour
- 0.1 tsp salt
- 0.5 cup planters slivered almonds chopped
- 2 cups strawberries sliced
- 0.3 cup sugar

1 cup cool whip whipped topping thawed

Equipment

bowl

baking sheet

oven

aluminum foil

Directions

Preheat oven to 325F.

Mix coconut, almonds, sugar, flour and salt in large bowl. Beat egg whites and almond extract lightly with fork.

Add to coconut mixture; mix well.

Trace 9-inch circle on greased foil-covered baking sheet.

Spread coconut mixture evenly onto foil, staying within circle line on foil.

Bake 15 to 20 min. or until lightly browned. Cool.

Remove from foil.

Cut into 8 wedges. Top evenly with the whipped topping and strawberries just before serving.

Nutrition Facts



PROTEIN 7.19% **FAT 57.06%** **CARBS 35.75%**

Properties

Glycemic Index:24.39, Glycemic Load:7.73, Inflammation Score:-3, Nutrition Score:7.4056521310754%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg
Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:
0.02mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.18mg,
Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg,
Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 208.67kcal (10.43%), Fat: 13.9g (21.39%), Saturated Fat: 9.43g (58.94%), Carbohydrates: 19.6g (6.53%),
Net Carbohydrates: 15.68g (5.7%), Sugar: 13.72g (15.24%), Cholesterol: 0.19mg (0.06%), Sodium: 61.35mg (2.67%),
Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.94g (7.88%), Manganese: 0.7mg (34.84%), Vitamin C:
21.38mg (25.92%), Fiber: 3.92g (15.69%), Vitamin E: 1.94mg (12.95%), Copper: 0.21mg (10.29%), Magnesium:
37.58mg (9.4%), Vitamin B2: 0.15mg (8.91%), Phosphorus: 80.39mg (8.04%), Selenium: 5.45µg (7.79%), Potassium:
205.75mg (5.88%), Iron: 0.98mg (5.42%), Folate: 16.9µg (4.22%), Zinc: 0.57mg (3.81%), Vitamin B6: 0.07mg (3.59%),
Calcium: 35.2mg (3.52%), Vitamin B1: 0.05mg (3.19%), Vitamin B3: 0.6mg (2.99%), Vitamin B5: 0.21mg (2.13%),
Vitamin K: 1.14µg (1.09%)