



## Coconut-Macaroon Sundaes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



988 kcal

DESSERT

### Ingredients

- 1 stick pam original flavor shopping list
- 8 cups coconut flakes (from two 14-ounce bags)
- 7 large egg whites
- 0.5 cup sugar
- 1.3 teaspoons coarse salt
- 1.5 teaspoons vanilla extract pure
- 4 ounces chocolate dark roughly chopped
- 2 pints whipped cream for serving

- 1 pint raspberries for serving

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- wire rack
- cake form
- microwave

## Directions

- Preheat oven to 350 degrees. Coat an 8-inch square cake pan with nonstick spray. Line pan with 2 pieces parchment paper in both directions, leaving 2 inches overhang on all sides. In a food processor, combine coconut, egg whites, sugar, salt, and vanilla; process, scraping bowl as needed, until coconut is finely chopped, about 1 minute.
- Transfer mixture to pan, pressing firmly to evenly distribute; smooth top.
- Bake until top is deep golden brown, about 1 hour.
- Let cool completely in pan on a wire rack.
- Place 1/4 cup chocolate in a medium microwave-safe bowl. Microwave in 30-second increments, stirring each time, until chocolate is melted but not hot. Invert pan and peel parchment from macaroons; cut into 9 pieces. Line a baking sheet with parchment. Dip bottom half of each macaroon into melted chocolate, letting excess chocolate drip back into bowl. Arrange macaroons, chocolate side up, on prepared sheet. Refrigerate until chocolate is firm, 20 minutes (or up to 3 days). Reserve remaining chocolate.
- To serve, melt remaining chocolate. Top each macaroon with a scoop of vanilla ice cream.
- Drizzle with melted chocolate and serve with raspberries.

## Nutrition Facts



■ PROTEIN 5.82% ■ FAT 65.24% ■ CARBS 28.94%

## Properties

Glycemic Index:22.51, Glycemic Load:27.22, Inflammation Score:-7, Nutrition Score:25.151304436767%

## Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 987.68kcal (49.38%), Fat: 74.48g (114.58%), Saturated Fat: 60.16g (376.03%), Carbohydrates: 74.35g (24.78%), Net Carbohydrates: 54.27g (19.74%), Sugar: 50.12g (55.68%), Cholesterol: 52.47mg (17.49%), Sodium: 541.07mg (23.52%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Caffeine: 11.34mg (3.78%), Protein: 14.95g (29.9%), Manganese: 3.02mg (151.07%), Fiber: 20.07g (80.29%), Copper: 1.02mg (50.79%), Phosphorus: 364.5mg (36.45%), Magnesium: 141.67mg (35.42%), Selenium: 24.79µg (35.41%), Vitamin B2: 0.53mg (31.31%), Iron: 5.06mg (28.09%), Potassium: 936.12mg (26.75%), Zinc: 3.25mg (21.69%), Vitamin C: 17.48mg (21.19%), Calcium: 201.1mg (20.11%), Vitamin B6: 0.35mg (17.57%), Vitamin B5: 1.68mg (16.76%), Vitamin A: 523.06IU (10.46%), Vitamin E: 1.33mg (8.85%), Vitamin B12: 0.53µg (8.78%), Vitamin B1: 0.12mg (8.3%), Folate: 27.14µg (6.79%), Vitamin K: 6.26µg (5.96%), Vitamin B3: 1.19mg (5.93%), Vitamin D: 0.24µg (1.58%)