



Coconut Macaroons

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



153 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 1 tablespoon water
- 2 teaspoons plus
- 0.3 teaspoon vanilla extract
- 14 oz coconut shredded sweetened packed ()
- 1.5 cups coconut shredded unsweetened finely
- 3 oz cream cheese softened
- 2 egg whites slightly beaten

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- hand mixer

Directions

- Heat oven to 325°F. Line 1 large or 2 small cookie sheets with cooking parchment paper.
- In 1-quart saucepan, combine sugar, water and corn syrup.
- Heat to boiling, stirring constantly. Reduce heat; simmer 30 seconds to 1 minute, stirring constantly, until sugar is dissolved.
- Remove from heat; stir in almond extract.
- In large bowl, combine sweetened coconut and 1 cup of the unsweetened coconut.
- Pour sugar mixture over coconut; beat with electric mixer on low speed until well mixed.
- Add cream cheese and egg whites; beat on low speed until blended.
- Place remaining 1/2 cup unsweetened coconut in shallow bowl. With moistened hands, firmly shape rounded tablespoonfuls of coconut mixture into balls; roll in unsweetened coconut to coat.
- Place 1 inch apart on cookie sheet.
- Bake 30 to 40 minutes or until light golden brown. Cool completely, at least 30 minutes. Store in tightly covered container at room temperature.

Nutrition Facts



PROTEIN 3.41% **FAT 60.98%** **CARBS 35.61%**

Properties

Glycemic Index:4.84, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:3.2243478213963%

Nutrients (% of daily need)

Calories: 153.44kcal (7.67%), Fat: 10.86g (16.7%), Saturated Fat: 9.25g (57.78%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.58g (4.57%), Sugar: 12.52g (13.91%), Cholesterol: 3.58mg (1.19%), Sodium: 61.35mg (2.67%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.37g (2.73%), Manganese: 0.57mg (28.49%), Fiber: 1.69g (6.77%), Selenium: 4.67µg (6.68%), Copper: 0.1mg (4.98%), Magnesium: 14.11mg (3.53%), Phosphorus: 33.84mg (3.38%), Vitamin B6: 0.06mg (3.22%), Zinc: 0.44mg (2.94%), Iron: 0.52mg (2.88%), Potassium: 96.2mg (2.75%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.71%)