

Coconut Macaroons

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bittersweet chocolate morsels
- ☐ 10 egg whites
- ☐ 1 teaspoon trans-fat-free soft-tub margarine
- ☐ 2 cups quick-cooking oats plain
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 2 cups coconut or dried shredded unsweetened
- ☐ 1 tablespoon vanilla extract

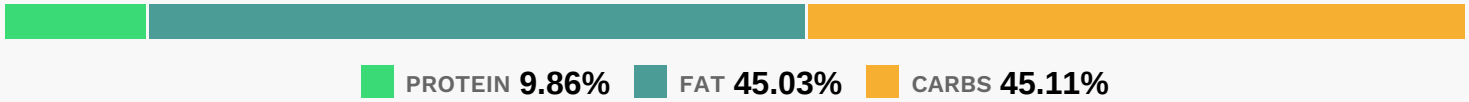
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Heat oven to 350°F. Spray 3 baking sheets with cooking spray; set aside. Stir egg whites, coconut, oats, vanilla, sugar and salt in a bowl until well blended. Drop tablespoons of dough onto baking sheets, half an inch apart.
- ☐ Bake macaroons until light golden, 12 to 15 minutes.
- ☐ Transfer to a wire rack and cool completely.
- ☐ Place chocolate morsels and margarine in a glass bowl or measuring cup. Microwave on high until chocolate melts completely, 40 to 50 seconds, or melt in a 350° oven 5 to 6 minutes. (Do not overheat chocolate or it will scorch.) Dip a metal teaspoon into warmed chocolate and gently drizzle chocolate over cookies in a zigzag pattern. Cool completely. Store in an airtight container in a cool, dry place for up to 3 days.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:2.1808695460305%

Nutrients (% of daily need)

Calories: 69.5kcal (3.48%), Fat: 3.59g (5.53%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.52g (5.02%), Cholesterol: 0.07mg (0.02%), Sodium: 44.65mg (1.94%), Alcohol: 0.11g (100%), Alcohol %: 0.67% (100%), Protein: 1.77g (3.54%), Manganese: 0.31mg (15.69%), Selenium:

3.82μg (5.46%), Fiber: 1.2g (4.8%), Magnesium: 17.32mg (4.33%), Copper: 0.06mg (3.18%), Phosphorus: 31.24mg (3.12%), Vitamin B2: 0.04mg (2.58%), Iron: 0.4mg (2.21%), Vitamin B1: 0.03mg (1.68%), Zinc: 0.25mg (1.64%), Potassium: 56.8mg (1.62%)