



Coconut Macaroons



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



87 kcal

DESSERT

Ingredients



60 g egg whites canned (from 2 extra large eggs, or a teaspoon and a half less than what you can get from 3 large eggs)



0.8 cup sugar ()



2 cups grate coconut unsweetened (5.5 to 6.17 oz, 150–175g)



5 teaspoons smooth unsweetened (regular or baby food)

Equipment



food processor



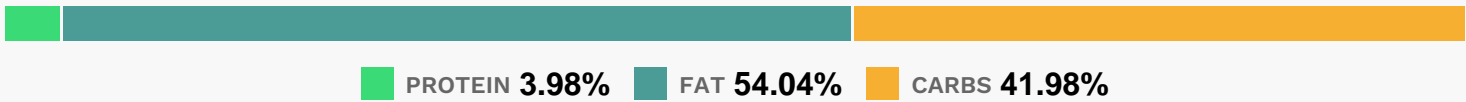
frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pastry bag

Directions

- ☐ Heat oven to 425°F. Line a baking sheet with parchment or silicone mat.
- ☐ Place the unsweetened coconut in a food processor. Pulse for 60 seconds.
- ☐ Heat and mix ingredients:
- ☐ Combine the egg whites, sugar, coconut, and applesauce in a medium-sized, thick-bottomed saucepan.
- ☐ Mix well and heat on medium low heat, stirring frequently, until the ingredients are well incorporated, and the mixture forms a smooth paste and is warm to the touch (about 120°F).
- ☐ If the mixture seems too dry or stiff to pipe through a piping bag, add a little more applesauce. If the mixture seems too wet, add a little more coconut.
- ☐ Place warm mixture into a pastry bag and pipe tall mounds onto a baking sheet, about an inch and a half apart from each other.
- ☐ Alternatively, form mounds with a 1 tablespoon sized scoop.
- ☐ Let the formed cookies dry out for about 15 minutes before baking.
- ☐ Bake:
- ☐ Bake the cookies until they start to get color on the edges where the cookie meets the pan, 5 to 7 minutes.
- ☐ Let cool on the pan for a couple minutes, then carefully lift the pan liner with the cookies off the pan and place on a rack. The cookies will firm up as they cool. Once cool, remove from the pan liner.
- ☐ Store in a covered box for up to 5 days at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:1.6117391286661%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.05kcal (4.35%), Fat: 5.52g (8.49%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 8.24g (3%), Sugar: 8.25g (9.16%), Cholesterol: 0mg (0%), Sodium: 8.22mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Manganese: 0.23mg (11.71%), Fiber: 1.4g (5.6%), Copper: 0.07mg (3.46%), Selenium: 2.22µg (3.17%), Magnesium: 8.02mg (2%), Phosphorus: 18.02mg (1.8%), Iron: 0.29mg (1.62%), Potassium: 52.11mg (1.49%), Vitamin B2: 0.02mg (1.38%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.17mg (1.15%)