



Coconut Macaroons



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



130 kcal

DESSERT

Ingredients



2 ounces chocolate dark shaved ()



3 large egg whites



0.8 cup sugar



3 cups coconut or shredded sweetened



1 teaspoon vanilla extract

Equipment



bowl



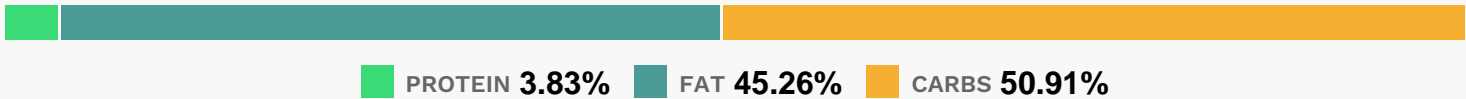
baking paper

- ☐ oven
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Mix the egg whites, vanilla, sugar and coconut in a bowl.
- ☐ Spoon the batter onto a parchment paper lined baking pan with 1 1/2 – 2 tablespoons of batter per cookie.
- ☐ Bake in a preheated 350F oven until lightly golden brown, about 10–15 minutes.
- ☐ Let cool for 20 minutes.
- ☐ Meanwhile, melt the chocolate in a double boiler and dip the macaroons in the chocolate or drizzle the chocolate on the macaroons.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:2.6034783048798%

Nutrients (% of daily need)

Calories: 129.57kcal (6.48%), Fat: 6.7g (10.31%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 15.95g (5.8%), Sugar: 15.61g (17.35%), Cholesterol: 0.09mg (0.03%), Sodium: 49.16mg (2.14%), Alcohol: 0.08g (100%), Alcohol %: 0.3% (100%), Protein: 1.28g (2.55%), Manganese: 0.43mg (21.7%), Selenium: 3.87µg (5.53%), Copper: 0.1mg (5.23%), Fiber: 1.02g (4.07%), Magnesium: 15.31mg (3.83%), Iron: 0.67mg (3.73%), Phosphorus: 26.59mg (2.66%), Zinc: 0.38mg (2.53%), Potassium: 82.53mg (2.36%), Vitamin B6: 0.04mg (2.11%), Vitamin B2: 0.03mg (1.85%), Vitamin B5: 0.13mg (1.32%)