



Coconut Macaroons



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



32 kcal

DESSERT

Ingredients

- ☐ 3.5 ounce coconut or flaked canned
- ☐ 2 egg whites
- ☐ 1 cup powdered sugar sifted
- ☐ 1 Dash salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ oven

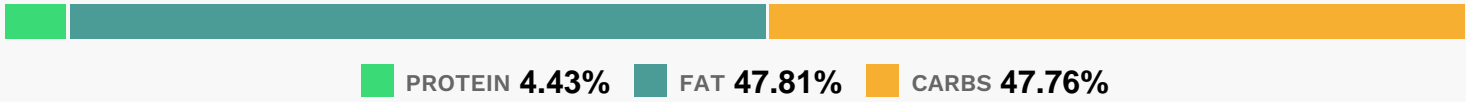
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 mixing bowl

Directions

- ☐ Beat egg whites (at room temperature) in a medium mixing bowl until stiff but not dry; fold in sugar, 2 tablespoons at a time. Fold in coconut, vanilla, and salt.
- ☐ Drop by teaspoonfuls onto parchment-lined cookie sheets.
- ☐ Bake at 300 for 30 minutes. Gently remove from parchment, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.54391303609895%

Nutrients (% of daily need)

Calories: 32.34kcal (1.62%), Fat: 1.78g (2.74%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.56g (1.29%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 4.94mg (0.21%), Alcohol: 0.04g (100%), Alcohol %: 0.62% (100%), Protein: 0.37g (0.74%), Manganese: 0.08mg (3.81%), Fiber: 0.45g (1.8%), Selenium: 0.86µg (1.23%), Copper: 0.02mg (1.13%)