



Coconut Macaroons German Style



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



36

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2.8 cups coconut or flaked toasted
- ☐ 4 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup sugar white

Equipment

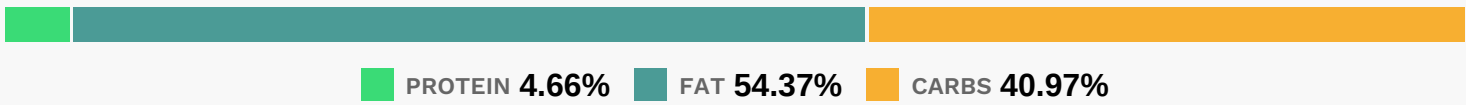
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 250 degrees F (120 degrees C). Line cookie sheets with parchment paper.
- ☐ In a large bowl, whip egg whites with an electric mixer until stiff enough to make a mark through with a knife. Gradually sprinkle in the sugar, cinnamon and almond extract while continuing to mix on low speed. Fold in toasted coconut by hand. Spoon or scoop onto the prepared cookie sheets.
- ☐ Bake for 20 to 25 minutes in the preheated oven, until cookies are dry and peel of the paper easily. Cool on wire racks and store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:1.2878260938046%

Nutrients (% of daily need)

Calories: 66.27kcal (3.31%), Fat: 4.21g (6.48%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.06g (2.2%), Sugar: 6.05g (6.73%), Cholesterol: 0mg (0%), Sodium: 8mg (0.35%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.81g (1.62%), Manganese: 0.19mg (9.43%), Fiber: 1.09g (4.35%), Selenium: 1.9µg (2.72%), Copper: 0.05mg (2.65%), Magnesium: 6.25mg (1.56%), Phosphorus: 13.91mg (1.39%), Vitamin B2: 0.02mg (1.31%), Iron: 0.23mg (1.25%), Potassium: 41.12mg (1.17%)