



Coconut Macaroons I

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



40 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1.5 cups candied cherries red halved
- 2.5 cups coconut or shredded
- 1 tablespoon cornstarch
- 6 egg whites
- 1 cup sugar white

Equipment

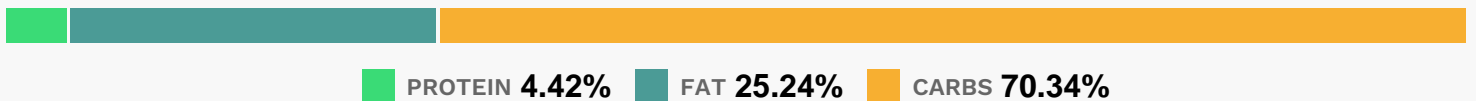
- bowl

- frying pan
- baking sheet
- baking paper
- oven
- hand mixer
- pastry bag

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 2 cookie sheets with parchment paper.
- In small bowl, combine sugar and cornstarch.
- In a large metal bowl, combine egg whites with almond extract.
- Place the bowl over a pan of simmering water. Stir in the sugar mixture. Whip with an electric mixer until thick and stiff, about 15 minutes. Fold in coconut.
- Remove from heat, and let cool for 5 minutes.
- Place mixture in a pastry bag fitted with a large star tip. Press out dough about 1 1/2 inches apart onto cookie sheets.
- Place 1/2 a cherry into the top of each cookie.
- Bake for 18 to 20 minutes or until lightly colored.
- Let cool on baking sheets for a minute before removing to wire racks.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:2.35, Inflammation Score:0, Nutrition Score:0.43260869327123%

Nutrients (% of daily need)

Calories: 39.92kcal (2%), Fat: 1.15g (1.76%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.84g (2.49%), Sugar: 5.53g (6.15%), Cholesterol: 0mg (0%), Sodium: 5.69mg (0.25%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 0.45g (0.9%), Manganese: 0.05mg (2.53%), Selenium: 0.96µg (1.37%), Fiber: 0.34g (1.36%)