



Coconut Macaroons II

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



48

CALORIES



92 kcal

Ingredients

- 1.5 teaspoons almond extract
- 5.5 cups coconut or flaked
- 14 ounce condensed milk sweetened canned
- 2 teaspoons vanilla extract

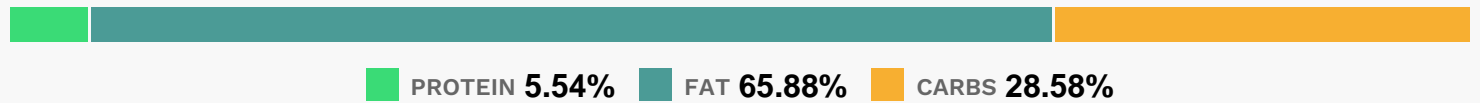
Equipment

- baking sheet
- oven
- mixing bowl
- aluminum foil

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- In large mixing bowl, combine coconut, sweetened condensed milk and extracts; mix well.
- Drop by rounded teaspoonfuls onto aluminum foil-lined and generously greased baking sheets.
- Bake 8 to 10 minutes or until lightly browned around the edges. Immediately remove from baking sheets. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:2.3078260940054%

Nutrients (% of daily need)

Calories: 91.66kcal (4.58%), Fat: 7g (10.78%), Saturated Fat: 6.03g (37.67%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.25g (1.91%), Sugar: 5.25g (5.83%), Cholesterol: 2.81mg (0.94%), Sodium: 14.13mg (0.61%), Alcohol: 0.1g (100%), Alcohol %: 0.69% (100%), Protein: 1.32g (2.65%), Manganese: 0.27mg (13.43%), Fiber: 1.59g (6.35%), Selenium: 3.03µg (4.32%), Phosphorus: 41mg (4.1%), Copper: 0.08mg (3.95%), Magnesium: 10.95mg (2.74%), Vitamin B2: 0.04mg (2.61%), Calcium: 26.05mg (2.6%), Potassium: 83.99mg (2.4%), Iron: 0.34mg (1.89%), Zinc: 0.27mg (1.83%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.14mg (1.4%)