



Coconut Macaroons IV



Vegetarian



Dairy Free

READY IN



33 min.

SERVINGS



30

CALORIES



52 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 2 cups cornflakes cereal crushed
- ☐ 2 egg whites
- ☐ 1 cup sugar white

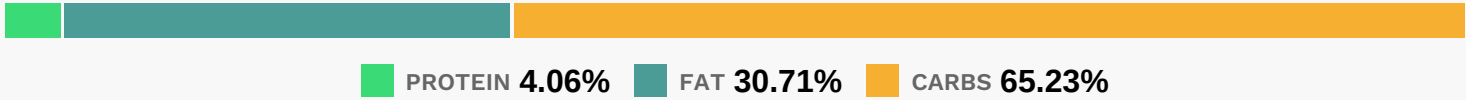
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large glass or metal bowl, whip egg whites to stiff peaks. Stir in white sugar. Fold in coconut and cornflakes. Drop by teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 18 minutes in the preheated oven, or until coconut is golden.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:4.65, Inflammation Score:-1, Nutrition Score:1.2643478264141%

Nutrients (% of daily need)

Calories: 52.07kcal (2.6%), Fat: 1.86g (2.86%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.37g (3.04%), Sugar: 7.05g (7.84%), Cholesterol: 0mg (0%), Sodium: 18.04mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Manganese: 0.08mg (4.07%), Iron: 0.64mg (3.55%), Vitamin B2: 0.04mg (2.43%), Vitamin B6: 0.04mg (2.1%), Fiber: 0.52g (2.09%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.35mg (1.77%), Folate: 7µg (1.75%), Selenium: 1.12µg (1.6%), Vitamin B12: 0.1µg (1.59%), Copper: 0.03mg (1.36%)