



Coconut Macaroons (made with moist, sweetened coconut)

 Gluten Free

READY IN



240 min.

SERVINGS



12

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 12 servings chocolate
- ☐ 2 extra large egg whites (from extra large eggs)
- ☐ 14 ounces condensed milk sweetened
- ☐ 14 ounces coconut shredded sweetened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 teaspoon salt

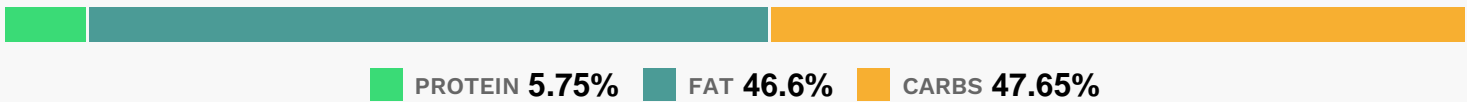
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ ice cream scoop

Directions

- ☐ Adjust oven rack to center position and preheat the oven to 325°F. Line a sheet pan with parchment and spread the coconut evenly over the top. Toast it in the oven for 15 minutes, stirring it frequently.
- ☐ Remove from oven and allow it to cool.
- ☐ Combine the cooled coconut, condensed milk, and vanilla in a large bowl. Whip the egg whites and salt on high speed in the bowl of an electric mixer fitted with the whisk attachment until they make medium-firm peaks. Carefully fold the egg whites into the coconut mixture.
- ☐ Drop the batter onto sheet pans lined with parchment paper using either a 1 3/4-inch diameter ice cream scoop, or 2 teaspoons.
- ☐ Bake for 25 to 30 minutes, until golden brown. Cool and serve.
- ☐ For dipping: Set up a station for dipping with the cooled macaroons, parchment, bowl of tempered chocolate, and forks. Dip each macaroon into the chocolate, either by holding the top and partially submerging it, or rolling it in the chocolate using a fork. Shake off the excess over the bowl, then place the finished pieces on the parchment to set up in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:11.21, Inflammation Score:-1, Nutrition Score:6.4834782364576%

Nutrients (% of daily need)

Calories: 280.5kcal (14.03%), Fat: 14.97g (23.03%), Saturated Fat: 12.42g (77.65%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 32.9g (11.96%), Sugar: 32.86g (36.51%), Cholesterol: 11.25mg (3.75%), Sodium: 234.04mg (10.18%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 4.15g (8.31%), Manganese: 0.83mg (41.35%), Selenium: 11.45µg (16.35%), Phosphorus: 121.31mg (12.13%), Calcium: 99.58mg (9.96%), Vitamin B2: 0.17mg (9.93%), Potassium: 245.73mg (7.02%), Magnesium: 26.86mg (6.71%), Zinc: 0.93mg (6.2%), Fiber: 1.54g (6.17%), Copper: 0.12mg (5.78%), Vitamin B6: 0.11mg (5.36%), Vitamin B5: 0.5mg (4.97%), Iron: 0.73mg (4.06%), Vitamin B1: 0.04mg (2.7%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 88.31IU (1.77%), Folate: 6.51µg (1.63%), Vitamin C: 1.09mg (1.32%), Vitamin E: 0.18mg (1.23%), Vitamin B3: 0.24mg (1.2%)