



Coconut Macaroons with Candied Cherries

 Vegetarian  Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



42

CALORIES



48 kcal

DESSERT

Ingredients

- 3 large eggs
- 0.3 teaspoon cream of tartar
- 0.1 teaspoon salt
- 0.8 cup granulated sugar
- 0.3 teaspoon almond extract
- 2 cups coconut flakes flaked
- 9 candied cherries cut into halves, if desired

Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- aluminum foil
- spatula

Directions

- About 30 minutes before making macaroons, place an egg separator over a small bowl. Crack each egg over the egg separator to separate the yolks from the whites. (Save egg yolks for another recipe.)
- In a clean large bowl, place the egg whites, and let stand at room temperature up to 30 minutes.*
- Heat the oven to 300°F. Line cookie sheets with a sheet of foil or cooking parchment paper.
- Add the cream of tartar and salt to the egg whites. Beat with an electric mixer on high speed until foamy. Beat in the sugar, 1 tablespoon at a time; continue beating until stiff and glossy--do not underbeat.
- Pour into a medium bowl.
- Sprinkle the almond extract and coconut over egg white mixture. With a rubber spatula, cut down vertically through the batter, then slide the spatula across the bottom of the bowl and up the side, turning the batter over. Rotate the bowl a quarter turn, and repeat this down-across-up motion. Continue folding just until ingredients are blended.
- For each cookie, scoop a teaspoonful of dough, using a tableware spoon, and push it onto a lined cookie sheet with another spoon or rubber spatula, placing cookies 1 inch apart.
- Place 1 cherry piece on each cookie.
- Bake 20 to 25 minutes or just until edges are light brown. Cool on cookie sheets 10 minutes, then remove cookies from foil to a cooling rack, using a turner. Cool cookie sheets 10 minutes between batches.

Nutrition Facts



■ PROTEIN 5.8% ■ FAT 52.94% ■ CARBS 41.26%

Properties

Glycemic Index:1.67, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:1.051739130817%

Nutrients (% of daily need)

Calories: 48.34kcal (2.42%), Fat: 2.97g (4.56%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.53g (1.65%), Sugar: 4.28g (4.75%), Cholesterol: 13.29mg (4.43%), Sodium: 13.54mg (0.59%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 0.73g (1.46%), Manganese: 0.11mg (5.62%), Selenium: 1.87µg (2.67%), Fiber: 0.67g (2.67%), Copper: 0.04mg (1.75%), Phosphorus: 15.41mg (1.54%), Vitamin B2: 0.02mg (1.24%), Iron: 0.2mg (1.11%), Magnesium: 4.07mg (1.02%)