




# Coconut Macaroons With Chocolate Drizzle


 Vegetarian

READY IN




45 min.

SERVINGS



24

CALORIES



244 kcal

## Ingredients

- 0.7 cup flour all-purpose for people avoiding flour/wheat for passover or dietary reasons, but i
- 5.5 cups coconut sweetened flaked fine ( is , that's how I make it and it's the easiest to find)
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- 0.3 teaspoon salt
- 2 teaspoons vanilla extract
- 14 oz condensed milk sweetened canned

## Equipment

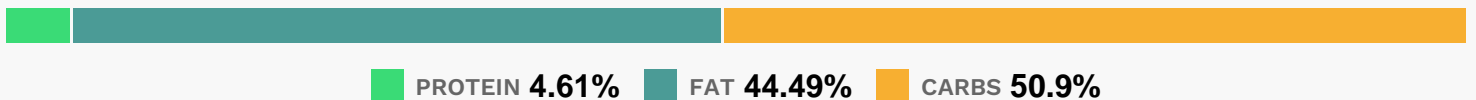
- bowl
- baking sheet

- baking paper
- oven
- blender
- wooden spoon
- ice cream scoop

## Directions

- Combine the flour, coconut and salt in a large bowl.
- In a smaller bowl, combine the vanilla and the can of sweetened condensed milk and mix well.
- Add this goo to the dry ingredients and mix with a wooden spoon, or you could use your hands (sounds rather messy to me). I probably wouldn't use a mixer unless it's on a super low speed. This batter is going to be THICK.
- Line baking sheets with parchment paper, and, using a big spoon or ice cream scooper, scoop the batter/dough onto the sheets.
- In a preheated 350 degree oven, bake the macaroons for about 20 minutes, or until golden/toasty looking.
- Drizzle some melted semi-sweet chocolate on top or use a chocolate/baker's chocolate mix and go for the dipped variety.

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:7.4, Inflammation Score:-1, Nutrition Score:4.7330434782609%

## Taste

Sweetness: 100%, Saltiness: 0.74%, Sourness: 22.33%, Bitterness: 0%, Savoriness: 9.84%, Fattiness: 26.72%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 244.33kcal (12.22%), Fat: 12.38g (19.05%), Saturated Fat: 11.2g (69.99%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 27.92g (10.15%), Sugar: 23.38g (25.98%), Cholesterol: 5.62mg (1.87%), Sodium: 156.36mg (6.8%), Protein: 2.89g (5.77%), Manganese: 0.4mg (19.96%), Fiber: 3.95g (15.8%), Selenium: 9.9µg (14.14%),

Phosphorus: 84.57mg (8.46%), Magnesium: 24.97mg (6.24%), Copper: 0.12mg (6.13%), Potassium: 206.21mg (5.89%), Vitamin B2: 0.09mg (5.42%), Calcium: 51.82mg (5.18%), Iron: 0.78mg (4.34%), Vitamin B1: 0.05mg (3.2%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.51mg (2.56%), Folate: 9.34 $\mu$ g (2.34%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.07 $\mu$ g (1.21%), Vitamin B6: 0.02mg (1.09%)