



Coconut Nest Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 teaspoon rum dark
- ☐ 4 large egg whites at room temperature
- ☐ 20 servings gourmet jelly beans egg-shaped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 cups coconut dried shredded sweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Cut two pieces of cooking parchment to fit two 10- by 15-inch baking sheets. With a pencil, draw 10 evenly spaced 2-inch circles on each piece of parchment.
- ☐ Place each, marked side down, on a baking sheet.
- ☐ In a large bowl or the bowl of a standing mixer, with a hand-held mixer or the standing mixer's whisk attachment, beat egg whites and cream of tartar at high speed until foamy.
- ☐ Add salt and beat until stiff peaks form, 2 to 4 minutes. Gradually add sugar, beating mixture until sugar has dissolved completely (rub a little between your fingers to check; if it feels gritty, sugar is not dissolved) and mixture is glossy, thick, and very billowy, 2 to 5 minutes. Beat in rum, then gently fold in coconut.
- ☐ Mound mixture in 3- to 4-tablespoon portions in marked circles. Using a spoon, make a shallow depression in the center of each so it resembles a nest.
- ☐ Bake cookies in a 250 regular oven (convection not recommended) until light golden, about 1 hour, switching pan positions halfway through baking. Turn oven off, leaving cookies inside, and let stand until dry and firm to the touch, about 2 hours longer.
- ☐ Remove from oven and let cool completely on sheets, then peel off parchment.
- ☐ Set candies or jelly beans in each nest.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:1.0234782679573%

Nutrients (% of daily need)

Calories: 70.55kcal (3.53%), Fat: 2.43g (3.74%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 11.39g (4.14%), Sugar: 11.15g (12.38%), Cholesterol: 0mg (0%), Sodium: 58.31mg (2.54%), Alcohol: 0.08g (100%), Alcohol %: 0.48% (100%), Protein: 0.91g (1.83%), Manganese: 0.17mg (8.43%), Selenium: 2.5µg (3.58%), Vitamin B2: 0.03mg (1.87%), Fiber: 0.31g (1.22%), Copper: 0.02mg (1.18%), Potassium: 40.22mg (1.15%), Magnesium: 4.12mg (1.03%)