



Coconut-Pecan Macaroons

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



89 kcal

Ingredients

- 1 cup pecans chopped
- 0.1 teaspoon salt
- 3 cups coconut or sweetened flaked
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

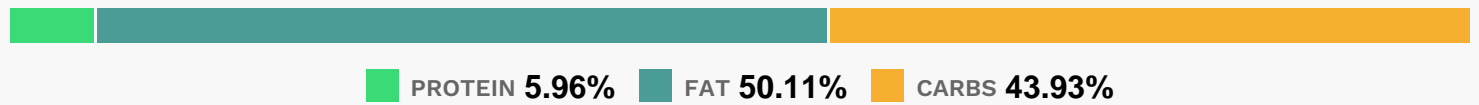
- bowl
- frying pan
- baking sheet

- oven
- aluminum foil

Directions

- Combine ingredients in a large bowl. Drop by heaping teaspoonfuls on parchment- or foil-lined baking sheets.
- Bake at 350 for 5 to 8 minutes.
- Let cool on pan.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:2.0652174081491%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 88.93kcal (4.45%), Fat: 5.12g (7.88%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.11g (3.31%), Sugar: 8.74g (9.71%), Cholesterol: 3.75mg (1.25%), Sodium: 42.27mg (1.84%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.37g (2.74%), Manganese: 0.21mg (10.26%), Phosphorus: 43.37mg (4.34%), Selenium: 2.89µg (4.12%), Fiber: 0.99g (3.97%), Calcium: 34.23mg (3.42%), Vitamin B2: 0.05mg (3%), Copper: 0.06mg (2.95%), Magnesium: 10.16mg (2.54%), Potassium: 79.05mg (2.26%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.12mg (1.19%), Iron: 0.2mg (1.14%)