



Cook the Book: Saffron-Cardamom Macaroons



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



35

CALORIES



84 kcal

Ingredients

- ☐ 10 ounces condensed milk sweetened (such as Eagle brand)
- ☐ 2 small egg whites (see Notes)
- ☐ 1.5 teaspoon ground cardamom
- ☐ 1 teaspoon saffron threads crushed
- ☐ 14 ounce coconut shredded sweetened
- ☐ 0.3 teaspoon salt

Equipment

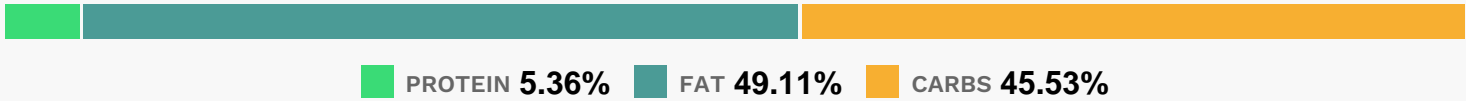
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the oven to 350° F. Prepare a baking sheet by lining it with parchment paper and lightly spraying it with nonstick spray.
- ☐ Combine the coconut, condensed milk, cardamom, saffron, and salt in a bowl. (It will form a mixture that is not like typical cookie dough, but once the egg whites are folded in, the mixture will hold together.)
- ☐ Gently fold in the egg whites.
- ☐ Using a spoon, mold the mixture into tablespoon-size balls and place 1 inch apart on the prepared pan.
- ☐ Bake the macaroons for 14 to 16 minutes, until the exterior is very slightly brown, the middle is soft, and the bottoms are beginning to turn golden brown.
- ☐ Remove from the oven. Allow to cool for about 20 minutes.
- ☐ Serve at room temperature. These can be stored in an airtight container for up to a week.
- ☐ Use room temperature eggs for whipping. I like to add a touch of lemon juice, salt, or cream of tartar to help the eggs get to the peaks. Once you begin to whisk them and they reach the soft peak stage, stop. If you continue to beat them, the proteins will break down and you will have a soft mess on your hands.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:2.0356521800808%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 83.98kcal (4.2%), Fat: 4.74g (7.29%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.35g (3.4%), Sugar: 9.31g (10.35%), Cholesterol: 2.75mg (0.92%), Sodium: 59.47mg (2.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Manganese: 0.31mg (15.31%), Selenium: 3.44µg (4.91%), Phosphorus: 33.04mg (3.3%), Vitamin B2: 0.04mg (2.57%), Calcium: 25.17mg (2.52%), Fiber: 0.53g (2.14%), Potassium: 72.07mg (2.06%), Magnesium: 8.17mg (2.04%), Zinc: 0.29mg (1.93%), Copper: 0.04mg (1.87%), Vitamin B6: 0.04mg (1.76%), Vitamin B5: 0.15mg (1.46%), Iron: 0.25mg (1.37%)