



Cornflake Macaroons

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter softened
- 1.5 cups coconut or flaked
- 5 cups cornflakes cereal
- 2 eggs
- 0.8 cup flour all-purpose
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

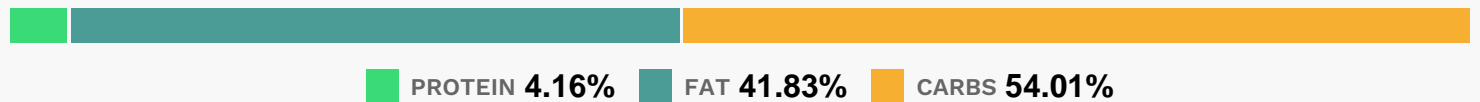
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cream the butter with the brown sugar and white sugars.
- Add the eggs and the vanilla and beat well.
- Mix in the flour until well combined. Stir in the corn flakes and the coconut. Drop by teaspoonfuls onto a parchment lined baking sheet.
- Bake at 375 degrees F (190 degrees C) for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:2.1417391170626%

Nutrients (% of daily need)

Calories: 80.31kcal (4.02%), Fat: 3.84g (5.91%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 10.59g (3.85%), Sugar: 7.02g (7.8%), Cholesterol: 11.9mg (3.97%), Sodium: 41.4mg (1.8%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 0.86g (1.72%), Iron: 1.09mg (6.04%), Manganese: 0.09mg (4.74%), Vitamin B2: 0.07mg (3.9%), Folate: 15.2µg (3.8%), Vitamin B1: 0.06mg (3.79%), Vitamin B3: 0.66mg (3.31%), Vitamin B6: 0.07mg (3.31%), Selenium: 2.05µg (2.93%), Vitamin B12: 0.17µg (2.77%), Vitamin A: 121.08IU (2.42%), Fiber: 0.58g (2.33%), Copper: 0.03mg (1.67%), Phosphorus: 14.94mg (1.49%), Magnesium: 4.65mg (1.16%)