



Cornflake Macaroons



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



36

CALORIES



63 kcal

DESSERT

Ingredients

- ☐ 1 cup tightly corn flakes packed
- ☐ 1 pinch cream of tartar
- ☐ 4 egg whites
- ☐ 1 cup pecans toasted
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 1 cup coconut flakes unsweetened toasted
- ☐ 1 teaspoon vanilla extract

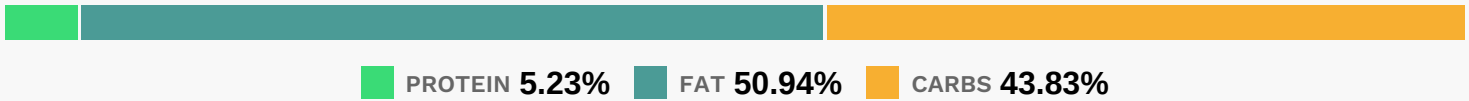
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Set a rack in the middle and top third of the oven and preheat to 325 degrees F. In a completely clean, dry mixing bowl, with an electric mixer, whisk the egg whites, salt, and cream of tartar until very foamy and almost creamy. With the mixer still running, sprinkle in the sugar. Continue to whisk on high speed until fluffy, thick, and shiny.
- ☐ Whisk in the vanilla. Fold in the pecans, coconut, and corn flakes.
- ☐ Drop walnut-size balls of batter onto nonstick or parchment-lined cookie sheets at 2-inch intervals.
- ☐ Bake for 15 minutes, turning the pans once, front to back, for even baking until lightly tanned and set on the surface. Set the cookie sheets on a rack to cool.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:1.5439130437115%

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: 62.8kcal (3.14%), Fat: 3.73g (5.74%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.52g (2.37%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 13.23mg (0.58%), Alcohol: 0.04g (100%), Alcohol %: 0.32% (100%), Protein: 0.86g (1.72%), Manganese: 0.2mg (10.16%), Copper: 0.06mg (2.9%), Fiber: 0.7g (2.8%), Iron: 0.39mg (2.15%), Vitamin B1: 0.03mg (2.13%), Vitamin B2: 0.03mg (1.99%), Selenium: 1.32µg (1.88%), Magnesium: 6.47mg (1.62%), Phosphorus: 14.55mg (1.46%), Vitamin B6: 0.03mg (1.38%), Zinc: 0.19mg (1.29%), Potassium: 36.83mg (1.05%)