



Dark Chocolate Dipped Macaroons



Vegetarian



Dairy Free



Popular



Low Fod Map

READY IN



480 min.

SERVINGS



36

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 2 sheets baking mix
- ☐ 13 oz chocolate dark divided
- ☐ 4 large egg whites
- ☐ 1.5 tbsp potato flour
- ☐ 0.3 tsp salt
- ☐ 0.5 cup sugar
- ☐ 2.5 cups coconut dried shredded unsweetened
- ☐ 1 tsp vanilla

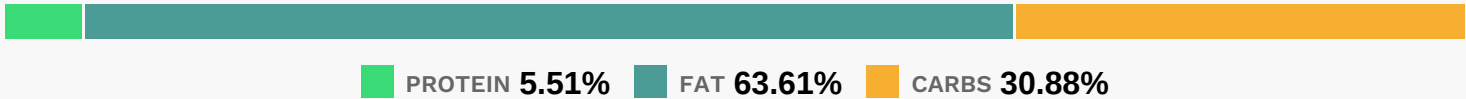
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ kitchen scissors

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Dark Chocolate Dipped Macaroons
- ☐ Ingredients2 1/2 cups dried unsweetened shredded coconut1 1/2 tbsp potato starch1/2 cup sugar1/4 tsp salt4 large egg whites1 tsp vanilla13 oz. dark chocolate, divided
- ☐ You will also need2 baking sheets, parchment paper, Ziploc bag, scissors
- ☐ Total Time: 1:20 – 8 Hours
- ☐ Servings: About 36 macaroons
- ☐ Kosher Key: Pareve or Dairy depending on chocolate used, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:2.76, Inflammation Score:-1, Nutrition Score:3.4208696037531%

Nutrients (% of daily need)

Calories: 118.21kcal (5.91%), Fat: 8.56g (13.16%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.76g (6.4%), Cholesterol: 0.31mg (0.1%), Sodium: 27.6mg (1.2%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Caffeine: 8.19mg (2.73%), Protein: 1.67g (3.34%), Manganese: 0.38mg (18.94%), Copper: 0.23mg (11.7%), Fiber: 2.19g (8.76%), Iron: 1.44mg (8.02%), Magnesium: 29.8mg (7.45%), Phosphorus: 46.28mg (4.63%), Selenium: 2.65µg (3.78%), Potassium: 117.9mg (3.37%), Zinc: 0.47mg (3.15%), Vitamin B2: 0.03mg (1.86%), Vitamin B6: 0.03mg (1.3%), Vitamin B5: 0.1mg (1.04%)