



Easy Chocolate Covered Coconut Macaroons

READY IN



30 min.

SERVINGS



72

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 10 cups coconut or flaked
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 2.7 cups condensed milk sweetened
- ☐ 4 teaspoons vanilla extract

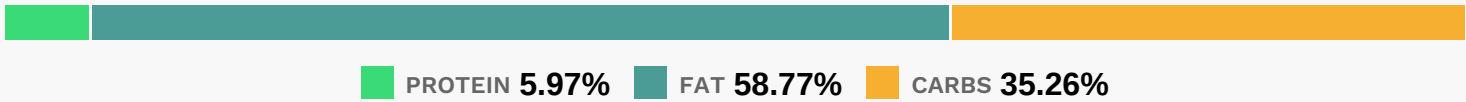
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, stir together the coconut, flour and salt. Stir in the sweetened condensed milk and vanilla until everything is well blended. Drop by heaping spoonfuls onto the prepared pan.
- ☐ Bake for 12 to 15 minutes in the preheated oven, until coconut is sufficiently toasted. Immediately remove from cookie sheets to cool on wire racks.
- ☐ In the microwave or in a metal bowl over a pan of simmering water, melt chocolate chips and milk, stirring frequently until smooth.
- ☐ Remove from heat and set aside to cool. Dip cooled cookies halfway into the chocolate and scrape off excess onto the side of the bowl.
- ☐ Place onto waxed paper until set.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:5.68, Inflammation Score:-1, Nutrition Score:3.9352174394804%

Nutrients (% of daily need)

Calories: 149.41kcal (7.47%), Fat: 10.08g (15.51%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.29g (4.11%), Sugar: 8.46g (9.4%), Cholesterol: 4.1mg (1.37%), Sodium: 35.45mg (1.54%), Alcohol: 0.08g (100%), Alcohol %: 0.31% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.3g (4.61%), Manganese: 0.4mg (19.93%), Fiber: 2.32g (9.27%), Selenium: 5.36µg (7.65%), Copper: 0.15mg (7.38%), Phosphorus: 66.72mg (6.67%), Magnesium: 20.99mg (5.25%), Vitamin B2: 0.08mg (4.61%), Iron: 0.81mg (4.51%), Calcium: 38.39mg (3.84%), Potassium: 131.77mg (3.76%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.05mg (3.06%), Vitamin B6: 0.04mg (2.21%), Folate: 8.66µg (2.17%), Vitamin B5: 0.21mg (2.07%), Vitamin B3: 0.33mg (1.66%)