

Easy Coconut Macaroons



Gluten Free



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

12

CALORIES

calories

114 kcal

DESSERT

Ingredients



1 cup coconut or flaked



1 tablespoon cornstarch



1 eggs beaten



1 pinch salt



2 ounce bittersweet chocolate melted



0.5 cup sugar white

Equipment



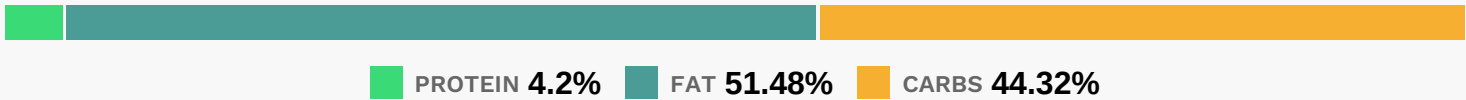
bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets and lightly dust with cornstarch.
- ☐ In a medium bowl, stir together the coconut, sugar and cornstarch.
- ☐ Add the egg and salt, mix until well blended. Drop by rounded spoonfuls onto the prepared cookie sheet.
- ☐ Bake for 13 to 15 minutes in the preheated oven, until golden brown. When cool, drizzle with melted chocolate.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.3117391026538%

Nutrients (% of daily need)

Calories: 113.97kcal (5.7%), Fat: 6.76g (10.39%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 11.55g (4.2%), Sugar: 10.59g (11.76%), Cholesterol: 13.92mg (4.64%), Sodium: 11.67mg (0.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 1.24g (2.48%), Manganese: 0.26mg (12.94%), Fiber: 1.54g (6.15%), Copper: 0.12mg (5.95%), Selenium: 2.9µg (4.15%), Magnesium: 15.15mg (3.79%), Phosphorus: 34.22mg (3.42%), Iron: 0.61mg (3.36%), Zinc: 0.32mg (2.11%), Potassium: 70.5mg (2.01%), Vitamin B2: 0.03mg (1.63%), Vitamin B6: 0.03mg (1.45%), Vitamin B5: 0.13mg (1.27%)