



Easy Coconut Macaroons

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



99 kcal

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups coconut or sweetened flaked
- ☐ 0.7 cup condensed milk sweetened
- ☐ 1 teaspoon vanilla extract

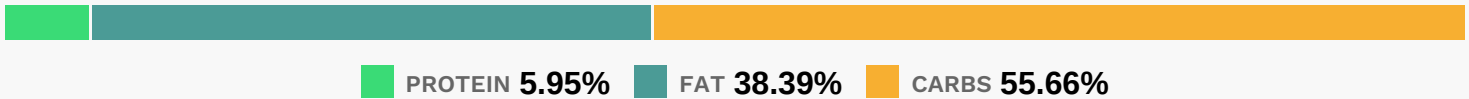
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine coconut, flour and salt.
- ☐ Add condensed milk and vanilla; mix well into a stiff batter. Drop by tablespoonfuls one inch apart onto greased baking sheets.
- ☐ Bake at 350 degrees for 15 to 20 minutes, until golden.
- ☐ Remove to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:5.04, Inflammation Score:-1, Nutrition Score:2.0595652399504%

Nutrients (% of daily need)

Calories: 99.28kcal (4.96%), Fat: 4.31g (6.64%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 12.84g (4.67%), Sugar: 10.54g (11.72%), Cholesterol: 3.85mg (1.28%), Sodium: 64.25mg (2.79%), Alcohol: 0.08g (100%), Alcohol %: 0.38% (100%), Protein: 1.51g (3.01%), Manganese: 0.13mg (6.51%), Selenium: 4.36µg (6.23%), Fiber: 1.23g (4.93%), Phosphorus: 42.99mg (4.3%), Vitamin B2: 0.06mg (3.56%), Calcium: 33.87mg (3.39%), Potassium: 87.47mg (2.5%), Magnesium: 9.5mg (2.38%), Vitamin B1: 0.03mg (2.01%), Copper: 0.04mg (2%), Iron: 0.31mg (1.71%), Folate: 5.84µg (1.46%), Zinc: 0.21mg (1.38%), Vitamin B3: 0.24mg (1.22%), Vitamin B5: 0.11mg (1.12%)