



Eggless Coconut Macaroons



Vegetarian

READY IN



30 min.

SERVINGS



26

CALORIES



100 kcal

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 Teaspoon ground cardamom
- ☐ 0.3 cup cashew nuts
- ☐ 0.3 cup milk
- ☐ 3 Tablespoons semolina
- ☐ 1 cup condensed milk sweetened
- ☐ 2.5 cups coconut or shredded sweetened

Equipment

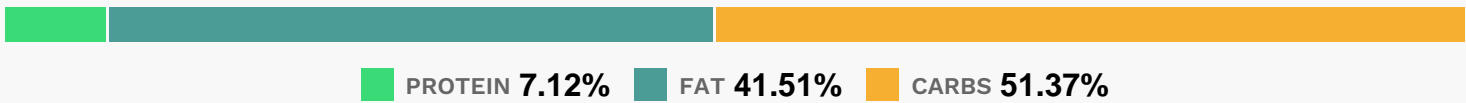
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Line a cookie sheet with parchment paper and preheat the oven to 350F (180C) for 15 minutes.In a large bowl, combine sweetened milk and milk, whisking until blended.With a wooden spoon, stir in flour, mixing until thoroughly blended.Stir in coconut, cashews and cardamom powder.After combining all the ingredients, the batter was a little bit watery. So I test baked just 1 tablespoon and the cookie spread so much.So I added 3 tablespoons of semolina (sooji/rava) to the batter and combined it well and now the batter was nice and firm. Again I test baked another tablespoon of the dough and the macaroon came out perfect.Then I went ahead and dropped tablespoonfuls of dough about 1 inch apart and baked it in the oven until it was golden around the edges (which approximately took 15 minutes). I got 24 (plus 2 test bake) macaroons for the above measurement.Cool for 10 minutes on the sheet. This point is very important. Don't try to remove the macaroons from the sheet once it is out the oven because it will be very flimsy. Again don't put it back in the oven to harden it. Just leave the macaroons on the cookie sheet for 10 minutes and it will harden by itself.Then transfer to a rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:9.93, Glycemic Load:5.33, Inflammation Score:-1, Nutrition Score:2.7817391403343%

Nutrients (% of daily need)

Calories: 100.16kcal (5.01%), Fat: 4.75g (7.31%), Saturated Fat: 3.51g (21.97%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.67g (4.61%), Sugar: 10.33g (11.48%), Cholesterol: 4.28mg (1.43%), Sodium: 38.72mg (1.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Manganese: 0.28mg (13.79%), Selenium: 5.41µg (7.73%), Phosphorus: 52.52mg (5.25%), Vitamin B2: 0.07mg (4.15%), Calcium: 38.83mg (3.88%), Magnesium: 12.53mg (3.13%), Copper: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.88%), Potassium: 89.85mg (2.57%), Zinc: 0.38mg (2.54%), Iron: 0.41mg (2.29%), Fiber: 0.55g (2.2%), Vitamin B6: 0.04mg (1.93%), Folate: 7.62µg (1.9%), Vitamin B5:

0.19mg (1.85%), Vitamin B3: 0.26mg (1.28%), Vitamin B12: 0.06µg (1.07%)