



Festive Coconut Macaroons



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



24

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 4 egg whites
- ☐ 0.7 cup sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon almond extract
- ☐ 4 cups coconut or
- ☐ 0.3 cup candied cherries red chopped
- ☐ 0.3 cup candied cherries green chopped

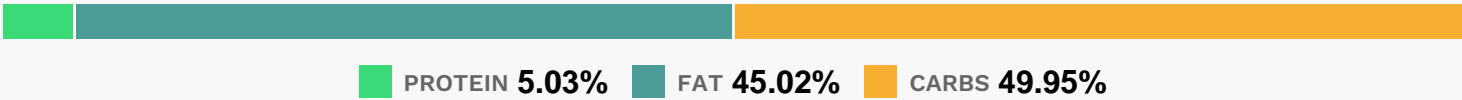
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 325°F. Grease and lightly flour cookie sheets. In large bowl, beat egg whites until foamy. Beat in sugar, flour, salt and almond extract until well blended. Stir in coconut and candied cherries. Drop dough by scant tablespoonfuls 2 inches apart onto cookie sheets.
- ☐ Bake 13 to 17 minutes or until set and lightly browned. Immediately remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:1.6534782614883%

Nutrients (% of daily need)

Calories: 87.15kcal (4.36%), Fat: 4.52g (6.95%), Saturated Fat: 3.96g (24.76%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.01g (3.64%), Sugar: 8.07g (8.97%), Cholesterol: 0mg (0%), Sodium: 23.17mg (1.01%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 1.13g (2.27%), Manganese: 0.21mg (10.49%), Fiber: 1.27g (5.07%), Selenium: 2.82µg (4.03%), Copper: 0.06mg (3.07%), Iron: 0.39mg (2.17%), Vitamin B2: 0.03mg (1.89%), Phosphorus: 17.23mg (1.72%), Potassium: 57.25mg (1.64%), Folate: 6.05µg (1.51%), Vitamin B1: 0.02mg (1.28%), Magnesium: 5.11mg (1.28%), Zinc: 0.16mg (1.05%)