

# Ghostly Macaroons



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



42

CALORIES



43 kcal

DESSERT

## Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 4 egg whites beaten
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 cups coconut or sweetened flaked
- ☐ 1 teaspoon vanilla extract

## Equipment

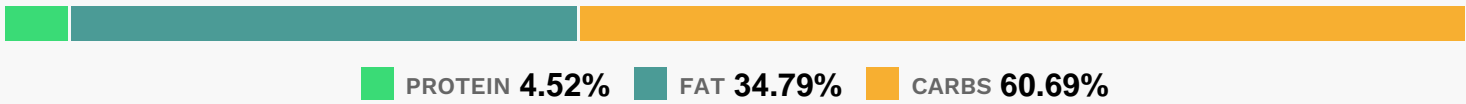
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

## Directions

- ☐ In a large bowl, whisk together all ingredients except coconut.
- ☐ Add coconut; mix well. Drop by rounded teaspoonfuls onto parchment paper-lined baking sheets.
- ☐ Bake at 325 degrees for about 25 minutes, or until set and golden; rotate baking sheets between upper and lower oven racks halfway through baking time. Cool on baking sheets for one minute; transfer to wire racks and cool completely. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:1.67, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:0.57521739472514%

## Nutrients (% of daily need)

Calories: 43.23kcal (2.16%), Fat: 1.72g (2.64%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 35.93mg (1.56%), Alcohol: 0.04g (100%), Alcohol %: 0.37% (100%), Protein: 0.5g (1%), Manganese: 0.06mg (2.95%), Fiber: 0.6g (2.4%), Selenium: 1.57µg (2.24%)