



Holiday Macaroons for Passover

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



42 kcal

DESSERT

Ingredients

- 0.5 tsp almond extract
- 18 planters almonds
- 2 egg whites
- 1.3 cups baker's angel flake coconut
- 3 Tbsp matzo meal
- 0.1 tsp salt
- 0.3 cup sugar

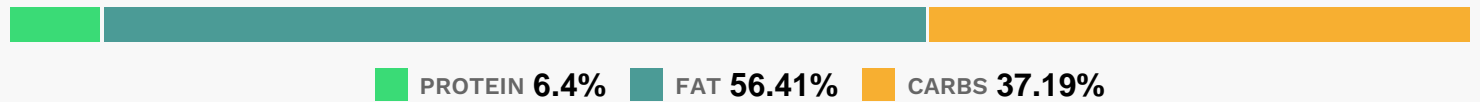
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 325F.
- Mix first 4 ingredients in large bowl. Stir in egg whites and almond extract until well blended.
- Drop teaspoonfuls of dough, 2 inches apart, onto lightly greased baking sheets. Press almond into center of each cookie.
- Bake 20 min. or until edges are golden brown. Immediately remove from baking sheets. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.0139130457588%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 42.15kcal (2.11%), Fat: 2.76g (4.25%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 14.44mg (0.63%), Alcohol: 0.02g (100%), Alcohol %: 0.31% (100%), Protein: 0.71g (1.41%), Manganese: 0.12mg (6.22%), Fiber: 0.72g (2.88%), Selenium: 1.51µg (2.15%), Copper: 0.04mg (1.88%), Magnesium: 5.5mg (1.37%), Vitamin B2: 0.02mg (1.34%), Phosphorus: 11.86mg (1.19%), Vitamin E: 0.17mg (1.14%), Iron: 0.18mg (1.01%)