



Lemon Macaroons



Vegetarian



Dairy Free

READY IN



34 min.

SERVINGS



100

CALORIES



16 kcal

DESSERT

Ingredients

- ☐ 1.5 cups coconut or flaked
- ☐ 2 egg whites lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 1 teaspoon lemon extract
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ baking sheet

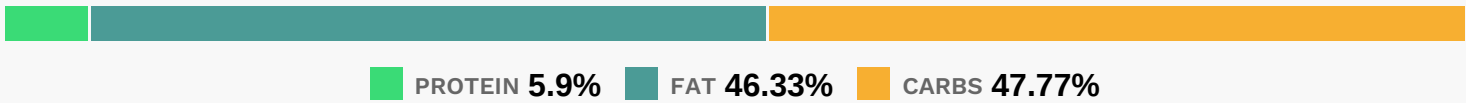
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 oven

Directions

- ☐ Combine first 5 ingredients in a bowl; stir well.
- ☐ For each cookie, spoon 2 level teaspoonfuls dough onto cookie sheets coated with cooking spray. Flatten each cookie into a 1/4-inch round.
- ☐ Bake at 325 for 24 to 26 minutes or until edges are lightly browned.
- ☐ Remove from cookie sheets, and let cool on wire racks. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.45, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:0.35913043323418%

Nutrients (% of daily need)

Calories: 15.61kcal (0.78%), Fat: 0.84g (1.28%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 1.49mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Manganese: 0.04mg (2.04%)