



Lemon-Scented Coconut Macaroon Bars

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 5 tablespoons butter softened
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 large egg whites at room temperature ()
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2.5 teaspoons lemon rind grated
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 6 tablespoons sugar
- ☐ 1 cup coconut or sweetened flaked

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, place first 4 ingredients in a large bowl; beat with a mixer at medium speed until well blended. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour to sugar mixture, beating until mixture resembles coarse meal. Press into bottom of a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 12 minutes or until lightly browned; cool on a wire rack. Set aside.
- ☐ Lower oven temperature to 32
- ☐ To prepare topping, combine 4 egg whites, cream of tartar, and salt in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add 1 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold in 1 cup flaked sweetened coconut and 2 1/2 teaspoons grated lemon rind; spread evenly over prepared crust.
- ☐ Bake at 325 for 40 minutes or until top is dry and lightly browned. Cool completely on wire rack.
- ☐ Cut into 32 pieces. Store in an airtight container.

Nutrition Facts



 **PROTEIN 5.41%**  **FAT 27.37%**  **CARBS 67.22%**

Properties

Glycemic Index:8.29, Glycemic Load:9.17, Inflammation Score:-1, Nutrition Score:1.2804347882452%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 84.34kcal (4.22%), Fat: 2.61g (4.02%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 13.99g (5.09%), Sugar: 9.53g (10.59%), Cholesterol: 4.7mg (1.57%), Sodium: 46.89mg (2.04%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 1.16g (2.32%), Selenium: 3.31µg (4.73%), Manganese: 0.07mg (3.32%), Vitamin B1: 0.05mg (3.13%), Vitamin B2: 0.05mg (2.94%), Folate: 11.15µg (2.79%), Vitamin B3: 0.37mg (1.85%), Iron: 0.32mg (1.8%), Fiber: 0.44g (1.76%), Vitamin A: 54.77IU (1.1%), Phosphorus: 10.19mg (1.02%)