



## Light and Fluffy Coconut Macaroons

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



60 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 7 ounce coconut or shredded
- 2 egg whites
- 3 tablespoons flour all-purpose
- 0.1 teaspoon salt
- 0.3 cup sugar white

### Equipment

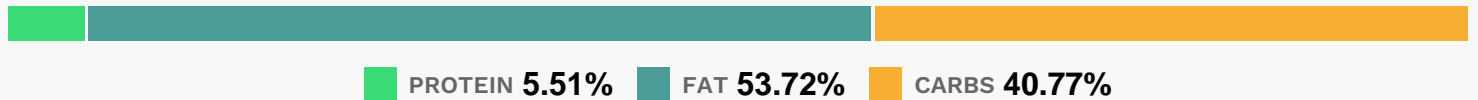
- bowl

- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Grease two baking sheets.
- Whisk egg whites in a bowl until frothy; stir in almond extract.
- Combine coconut, sugar, flour, and salt in a large bowl.
- Lightly stir egg white mixture into coconut mixture to form a batter.
- Scoop batter by the tablespoon and drop onto prepared baking sheet.
- Bake cookies in the preheated oven until edges start to brown, about 20 minutes.
- Transfer cookies to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:8.62, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:1.3613043346483%

## Nutrients (% of daily need)

Calories: 59.89kcal (2.99%), Fat: 3.72g (5.73%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.33g (1.94%), Sugar: 4.42g (4.92%), Cholesterol: 0mg (0%), Sodium: 23.96mg (1.04%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Protein: 0.86g (1.72%), Manganese: 0.17mg (8.74%), Fiber: 1.03g (4.1%), Selenium: 2.23µg (3.18%), Copper: 0.05mg (2.54%), Iron: 0.33mg (1.84%), Phosphorus: 14.31mg (1.43%), Vitamin B2: 0.02mg (1.4%), Folate: 5.29µg (1.32%), Potassium: 46.26mg (1.32%), Vitamin B1: 0.02mg (1.15%), Magnesium: 4.18mg (1.05%)