



Lime-in-the-Coconut Macaroons



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 4 cups coconut flakes unsweetened
- ☐ 2 large egg whites
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon lime zest finely grated
- ☐ 0.3 cup sugar

Equipment

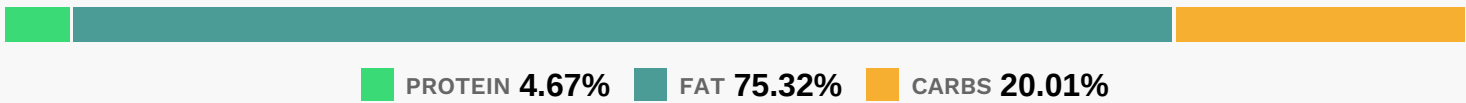
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Place racks in upper and lower thirds ofoven; preheat to 325°F.
- ☐ Whisk egg whitesand sugar in a large bowl just until frothy.
- ☐ Whisk in lime zest and salt.
- ☐ Add coconutand fold to coat.
- ☐ Drop heaping tablespoonfuls ofcoconut mixture onto 2 parchmentpaper-lined rimmed baking sheets.
- ☐ Bake, rotating pans halfway through fromtop to bottom and back to front, untilgolden brown, 18–22 minutes.
- ☐ Let cool onbaking sheets. DO AHEAD: Macaroons canbe made 1 day ahead. Store airtight atroom temperature.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:2.5913043469191%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 103.03kcal (5.15%), Fat: 9.15g (14.08%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.16g (1.15%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 34.06mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Manganese: 0.39mg (19.47%), Fiber: 2.32g (9.26%), Copper: 0.11mg (5.69%), Selenium: 3.18µg (4.55%), Magnesium: 13.07mg (3.27%), Phosphorus: 29.64mg (2.96%), Iron: 0.48mg (2.64%), Potassium: 81.71mg (2.33%), Vitamin B6: 0.04mg (2.14%), Zinc: 0.29mg (1.91%), Vitamin B2: 0.03mg (1.57%), Vitamin B5: 0.12mg (1.19%)