



Macadamia Macaroons

READY IN



54 min.

SERVINGS



54

CALORIES



84 kcal

Ingredients

- 3 egg whites
- 7 oz baker's angel flake coconut
- 1 cup planters macadamias chopped
- 2 cups saltines crushed finely
- 2 oz baker's semi-sweet chocolate
- 14 oz condensed milk sweetened canned
- 1 tsp vanilla

Equipment

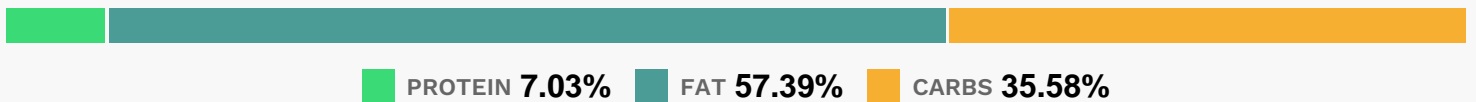
- bowl

- frying pan
- baking sheet
- oven
- blender

Directions

- Heat oven to 350F.
- Spread coconut and macadamias into 15x10x1-inch pan.
- Bake 10 min. or until lightly toasted, stirring frequently. Cool.
- Combine milk and vanilla in large bowl.
- Add coconut mixture and cracker crumbs; mix well. Beat egg whites in small bowl with mixer on high speed until stiff peaks form.
- Add to coconut mixture; stir gently until well blended. Drop rounded tablespoonfuls of dough, 2 inches apart, on lightly greased baking sheets.
- Bake 12 to 14 min. or until edges of cookies are lightly browned.
- Remove to wire racks; cool completely. Melt chocolate as directed on package; drizzle over cookies.
- Place in waxed paper-lined shallow pan. Refrigerate until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:2.2913043541105%

Nutrients (% of daily need)

Calories: 83.67kcal (4.18%), Fat: 5.52g (8.49%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.73g (2.45%), Sugar: 4.82g (5.36%), Cholesterol: 2.56mg (0.85%), Sodium: 38.09mg (1.66%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 1.52g (3.04%), Manganese: 0.24mg (11.99%), Fiber: 0.97g (3.88%), Vitamin B1: 0.06mg (3.81%), Phosphorus: 36.46mg (3.65%), Selenium: 2.55µg (3.64%), Vitamin B2: 0.06mg (3.46%), Copper: 0.07mg (3.31%), Magnesium: 11.08mg (2.77%), Calcium: 25.21mg (2.52%), Iron: 0.44mg (2.44%), Potassium: 69.08mg (1.97%), Zinc: 0.22mg (1.48%), Vitamin B3: 0.28mg (1.38%), Folate: 4.95µg (1.24%), Vitamin B5:

0.12mg (1.22%), Vitamin B6: 0.02mg (1.21%)