



Macaroon Bars

 Vegetarian

READY IN



40 min.

SERVINGS



36

CALORIES



98 kcal

Ingredients

- 3.3 cups coconut shredded sweetened divided
- 14 ounces condensed milk sweetened canned
- 1 teaspoon almond extract
- 8 ounces regular crescent rolls refrigerated

Equipment

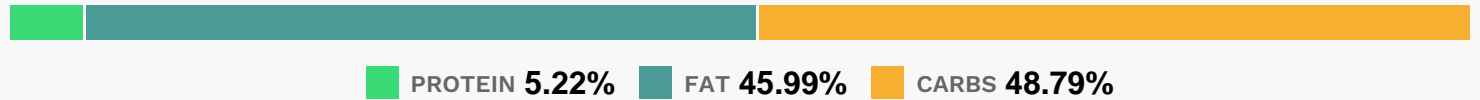
- frying pan
- oven
- wire rack
- baking pan

aluminum foil

Directions

- Preheat oven to 350°. Grease a 13x9-in. baking pan; line pan with nonstick foil, allowing foil to hang over edges of pan. Grease foil; sprinkle 1-1/2 cups coconut into pan.
- Combine milk and extract; drizzle half over the coconut. Unroll crescent dough into 1 long rectangle; seal seams and perforations.
- Place in pan.
- Drizzle with remaining milk mixture; sprinkle with remaining coconut.
- Bake until golden brown, 30–35 minutes. Cool completely on a wire rack before cutting. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:1.7604347972766%

Nutrients (% of daily need)

Calories: 98.47kcal (4.92%), Fat: 5.2g (8%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 12.04g (4.38%), Sugar: 10.15g (11.28%), Cholesterol: 3.75mg (1.25%), Sodium: 84.75mg (3.68%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Protein: 1.33g (2.65%), Manganese: 0.2mg (10.1%), Selenium: 2.99µg (4.27%), Phosphorus: 36.59mg (3.66%), Calcium: 32.54mg (3.25%), Vitamin B2: 0.05mg (2.8%), Potassium: 68.45mg (1.96%), Magnesium: 6.94mg (1.74%), Zinc: 0.25mg (1.68%), Fiber: 0.37g (1.46%), Iron: 0.26mg (1.42%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg (1.38%), Copper: 0.03mg (1.36%)