



Macaroon Meringue Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



24 kcal

DESSERT

Ingredients

- 1 egg white
- 1.5 teaspoons pecans finely chopped
- 2 saltines fat-free crushed finely
- 2 teaspoons semisweet chocolate mini-morsels
- 1 tablespoon sugar
- 1 tablespoon coconut or shredded unsweetened toasted
- 0.1 teaspoon vanilla extract

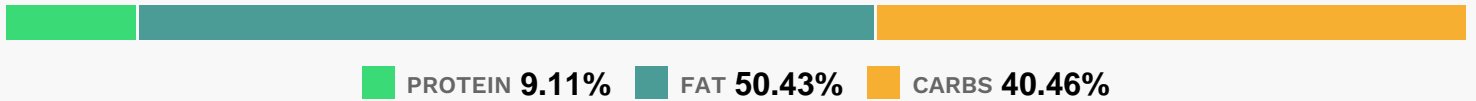
Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Line a baking sheet with parchment paper or heavy brown paper; set aside.
- Combine first 6 ingredients in a small bowl; set aside.
- Beat egg white at high speed of an electric mixer until foamy. Gradually add 1 tablespoon sugar, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Fold in cracker crumb mixture.
- Drop mixture by heaping tablespoonfuls, 2 inches apart, onto prepared baking sheet.
- Bake at 200 for 2 hours. Turn off oven. Cool in oven 1 hour with oven door closed. Carefully remove from paper; let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:0.6008695639346%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 23.64kcal (1.18%), Fat: 1.35g (2.08%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.67g (1.86%), Cholesterol: 0.06mg (0.02%), Sodium: 11.02mg (0.48%), Alcohol: 0.02g (100%), Alcohol %: 0.3% (100%), Protein: 0.55g (1.1%), Manganese: 0.07mg (3.31%), Copper: 0.03mg (1.36%), Selenium: 0.91µg (1.3%), Fiber: 0.28g (1.1%), Vitamin B2: 0.02mg (1.08%)