



Macaroons

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



27 min.

SERVINGS



12

CALORIES



99 kcal

DESSERT

Ingredients

- 2 egg whites
- 1 pinch salt
- 2 cups coconut or sweetened flaked
- 0.5 cup sugar white

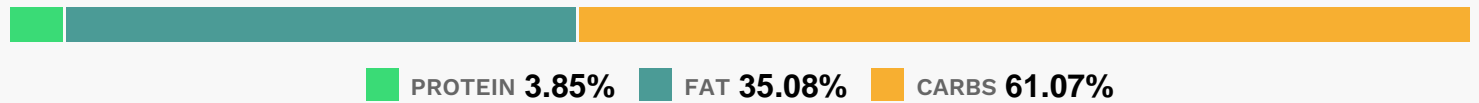
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Beat together the egg whites with the salt in a small bowl until it forms soft peaks.
- Add the sugar 1 tablespoon at a time while continuing to beat at high speed until stiff peaks form. Continue to beat until glossy. Fold the coconut into the egg mixture. Drop mixture by the teaspoonful onto the prepared sheet, spacing about 2 inches apart.
- Bake in preheated oven for about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:1.2860869855984%

Nutrients (% of daily need)

Calories: 99.28kcal (4.96%), Fat: 4g (6.16%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.27g (5.19%), Sugar: 13.57g (15.07%), Cholesterol: 0mg (0%), Sodium: 51.99mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Manganese: 0.14mg (6.84%), Fiber: 1.4g (5.61%), Selenium: 3.33µg (4.76%), Copper: 0.04mg (2.18%), Magnesium: 7.78mg (1.94%), Potassium: 59.46mg (1.7%), Vitamin B2: 0.03mg (1.51%), Phosphorus: 14.92mg (1.49%), Iron: 0.22mg (1.23%)