



Macaroons II



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



42 kcal

DESSERT

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 1 tablespoon cornstarch
- ☐ 2 egg whites
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

Equipment

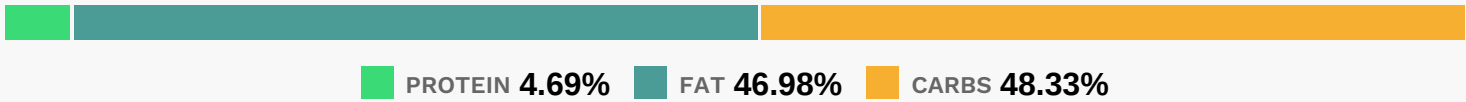
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ double boiler

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Line 2 baking sheets with parchment paper.
- ☐ In a medium bowl, beat the egg whites until stiff but not dry. Fold in cornstarch.
- ☐ Transfer to the top of a double boiler and set over low heat.
- ☐ Stir in sugar and cook for about 3 to 4 minutes, until edges of mixture begin to pull away from pan.
- ☐ Remove from heat and stir in vanilla extract. Stir in coconut.
- ☐ Drop dough by spoonfuls 1 1/2 inches apart on the prepared baking sheets.
- ☐ Bake for 20 to 25 minutes until golden brown and firm to the touch. Cool on the pans on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:0.71173912602598%

Nutrients (% of daily need)

Calories: 42.47kcal (2.12%), Fat: 2.3g (3.54%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.75g (1.73%), Sugar: 4.46g (4.95%), Cholesterol: 0mg (0%), Sodium: 5.55mg (0.24%), Alcohol: 0.06g (100%), Alcohol %: 0.68% (100%), Protein: 0.52g (1.03%), Manganese: 0.1mg (4.91%), Fiber: 0.58g (2.32%), Selenium: 1.19µg (1.7%), Copper: 0.03mg (1.47%)