



Macaroons II



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



60

CALORIES



65 kcal

Ingredients

- ☐ 14 ounce coconut or flaked
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 teaspoons vanilla extract

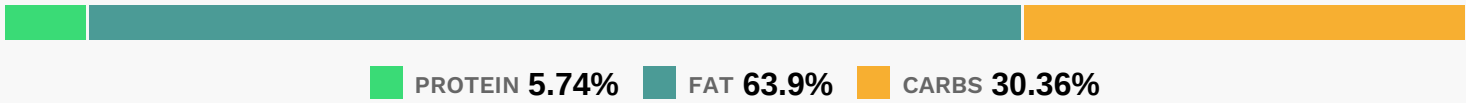
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, mix together the coconut, sweetened condensed milk, and vanilla until well blended. Drop by teaspoonfuls, one inch apart, onto the prepared cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven, or until edges are slightly browned. Using a moistened spatula, remove at once from baking sheets. Cool on cooling racks until firm. Store in a covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.02, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:1.6365217189102%

Nutrients (% of daily need)

Calories: 65.28kcal (3.26%), Fat: 4.84g (7.45%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.1g (1.49%), Sugar: 4.1g (4.56%), Cholesterol: 2.25mg (0.75%), Sodium: 10.86mg (0.47%), Alcohol: 0.05g (100%), Alcohol %: 0.44% (100%), Protein: 0.98g (1.96%), Manganese: 0.18mg (9.11%), Fiber: 1.08g (4.31%), Selenium: 2.2µg (3.15%), Phosphorus: 30.37mg (3.04%), Copper: 0.05mg (2.69%), Calcium: 20.52mg (2.05%), Vitamin B2: 0.03mg (2.02%), Magnesium: 7.69mg (1.92%), Potassium: 60.66mg (1.73%), Zinc: 0.2mg (1.3%), Iron: 0.23mg (1.29%), Vitamin B6: 0.02mg (1.16%), Vitamin B5: 0.1mg (1.03%)