



Paradise Macaroons

 Gluten Free

READY IN



145 min.

SERVINGS



42

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 2 ounces dry-roasted macadamia nuts finely chopped
- ☐ 4 large egg whites at room temperature
- ☐ 5 ounces granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 12 ounces semi chocolate chips
- ☐ 2 ounces condensed milk sweetened
- ☐ 14 ounce coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 1 ounce vegetable shortening

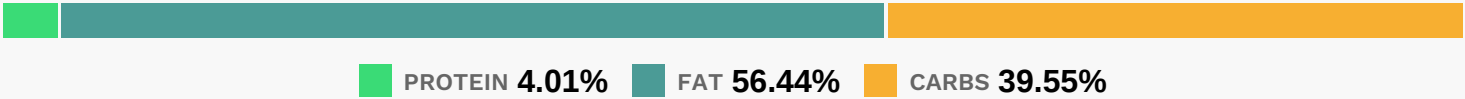
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot
- ☐ stand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Combine the coconut with the sweetened condensed milk, salt and vanilla in a medium mixing bowl.
- ☐ In the bowl of a stand mixer with a whisk attachment, beat the egg whites on medium speed until foamy. Gradually add the sugar and continue to whip the whites until medium peaks form, 6 to 7 minutes.
- ☐ Gently fold the egg whites into the coconut mixture. Scoop tablespoon-sized mounds onto a parchment-lined half sheet pan and bake for 20 to 25 minutes or until golden brown. Immediately transfer the parchment with the macaroons to a cooling rack. Cool completely before topping.
- ☐ Fill a 4-quart pot with enough water to come 2 inches up the side, set over medium heat and bring to a simmer.
- ☐ Combine the chocolate chips and shortening in a small metal or glass mixing bowl and set over the simmering pot. Stir occasionally until melted, then remove from the heat.
- ☐ Dip the cooled cookies in the chocolate mixture, sprinkle with the chopped macadamia nuts and place on parchment paper to set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:2.8626086985611%

Nutrients (% of daily need)

Calories: 129.14kcal (6.46%), Fat: 8.29g (12.75%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.88g (4.32%), Sugar: 11.25g (12.5%), Cholesterol: 0.94mg (0.31%), Sodium: 33.56mg (1.46%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.97mg (2.32%), Protein: 1.32g (2.65%), Manganese: 0.4mg (19.89%), Copper: 0.14mg (7.11%), Magnesium: 21.44mg (5.36%), Fiber: 1.19g (4.76%), Selenium: 3.16µg (4.51%), Iron: 0.75mg (4.17%), Phosphorus: 37.6mg (3.76%), Zinc: 0.42mg (2.79%), Potassium: 93.08mg (2.66%), Vitamin B2: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.54%), Vitamin B5: 0.12mg (1.23%), Calcium: 11.69mg (1.17%)