



Passover Macarons with a Citrus Twist

 Dairy Free

READY IN



30 min.

SERVINGS



21

CALORIES



182 kcal

DESSERT

Ingredients

- 1 tsp almond extract
- 5.3 cups coconut or flaked
- 4 egg whites
- 2 tsp lemon zest grated
- 6 Tbsp matzo meal
- 0.3 tsp salt
- 0.7 cup sugar

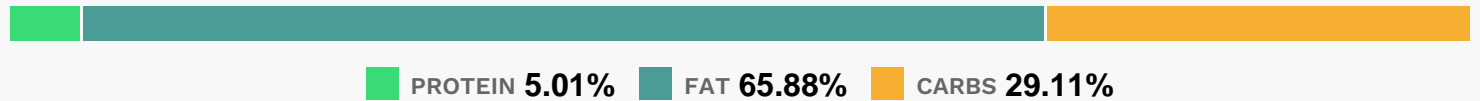
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 325F.
- Mix coconut, sugar, matzo meal and salt in large bowl. Stir in remaining ingredients until well blended.
- Drop tablespoonfuls of dough, 2 inches apart, onto lightly greased baking sheets dusted with additional matzo meal.
- Bake 20 min. or until edges of cookies are golden brown. Immediately remove from baking sheets. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:4.43, Inflammation Score:-1, Nutrition Score:4.2852173256485%

Nutrients (% of daily need)

Calories: 181.84kcal (9.09%), Fat: 14g (21.54%), Saturated Fat: 12.36g (77.24%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10.29g (3.74%), Sugar: 8.01g (8.89%), Cholesterol: 0mg (0%), Sodium: 45.25mg (1.97%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Protein: 2.4g (4.79%), Manganese: 0.61mg (30.63%), Fiber: 3.62g (14.5%), Selenium: 6.23µg (8.9%), Copper: 0.18mg (8.78%), Magnesium: 20.82mg (5.21%), Phosphorus: 47.9mg (4.79%), Iron: 0.82mg (4.54%), Potassium: 130.47mg (3.73%), Vitamin B6: 0.07mg (3.44%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.46mg (3.04%), Vitamin B5: 0.2mg (1.97%), Vitamin B1: 0.02mg (1.62%), Vitamin B3: 0.25mg (1.24%)