



Perfect Coconut Macaroons

 Dairy Free

READY IN



80 min.

SERVINGS



18

CALORIES



193 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 3 egg whites room temperature
- 1 tablespoon flour all-purpose
- 1 pinch salt
- 8 ounces semi chocolate chips
- 14 ounce coconut or sweetened flaked
- 0.5 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- wire rack
- double boiler
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Line a baking sheet with parchment paper.
- Blend coconut, sugar, flour, vanilla extract, almond extract, and salt in a food processor until combined, about 30 seconds.
- Beat egg whites in a bowl until soft peaks form.
- Fold coconut mixture into egg whites until just combined.
- Wet your hands.
- Roll spoonfuls of coconut mixture between palms to golf ball-size cookies; arrange on the prepared baking sheet.
- Bake cookies in the preheated oven until coconut is slightly golden and toasted, about 15 minutes.
- Transfer to a wire rack to cool, 30 minutes.
- Line baking sheet with new piece of parchment paper.
- Melt chocolate chips in the top of a double boiler over just-barely simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- Dip half of each cookie in the chocolate and place on the prepared baking sheet.
- Place in refrigerator until chocolate is set, about 15 minutes.

Nutrition Facts



■ PROTEIN 4.19% ■ FAT 50.67% ■ CARBS 45.14%

Properties

Glycemic Index:8.06, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:3.8608696603257%

Nutrients (% of daily need)

Calories: 192.51kcal (9.63%), Fat: 11.03g (16.96%), Saturated Fat: 8.6g (53.74%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 18.9g (6.87%), Sugar: 16.5g (18.33%), Cholesterol: 0.76mg (0.25%), Sodium: 74.62mg (3.24%), Alcohol: 0.08g (100%), Alcohol %: 0.22% (100%), Caffeine: 10.84mg (3.61%), Protein: 2.05g (4.1%), Manganese: 0.38mg (19.12%), Fiber: 3.2g (12.81%), Copper: 0.22mg (11.22%), Magnesium: 34.09mg (8.52%), Selenium: 5.77µg (8.25%), Iron: 1.15mg (6.42%), Phosphorus: 56.02mg (5.6%), Potassium: 160.04mg (4.57%), Zinc: 0.5mg (3.3%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.29mg (1.45%), Calcium: 10.71mg (1.07%)