



Pina Colada Macaroons

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



316 kcal

Ingredients

- 5.5 cups coconut or flaked
- 0.7 cup flour all-purpose
- 0.5 cup macadamia nuts salted finely chopped
- 1 cup pineapple dried diced finely
- 1 teaspoon rum extract flavored
- 0.1 teaspoon salt
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

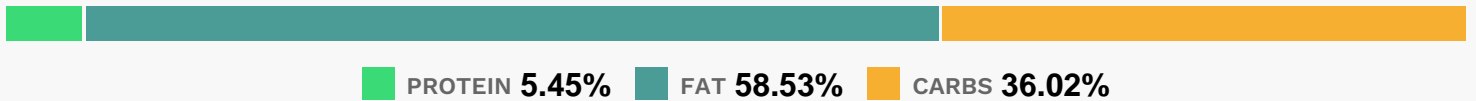
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line baking sheet with parchment paper or a silicone mat.
- Combine the flour, coconut, pineapple, macadamia nuts, and salt in a large bowl. Stir in the sweetened condensed milk, rum extract, and vanilla extract. Drop golf ball-sized scoops of the dough 2 inches apart onto the prepared baking sheets.
- Bake in the preheated oven until coconut is toasted, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:9.89, Inflammation Score:-2, Nutrition Score:7.7695651514375%

Nutrients (% of daily need)

Calories: 316.01kcal (15.8%), Fat: 21.54g (33.14%), Saturated Fat: 16.53g (103.3%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 24.94g (9.07%), Sugar: 20.89g (23.21%), Cholesterol: 7.5mg (2.5%), Sodium: 54.06mg (2.35%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 4.52g (9.03%), Manganese: 0.9mg (45.01%), Fiber: 4.89g (19.57%), Selenium: 9.77µg (13.96%), Copper: 0.25mg (12.25%), Phosphorus: 121.3mg (12.13%), Magnesium: 34.99mg (8.75%), Vitamin B2: 0.15mg (8.64%), Iron: 1.41mg (7.82%), Vitamin B1: 0.12mg (7.75%), Calcium: 77.5mg (7.75%), Potassium: 241.82mg (6.91%), Zinc: 0.81mg (5.4%), Vitamin B6: 0.1mg (5.07%), Vitamin B5: 0.42mg (4.22%), Folate: 13.64µg (3.41%), Vitamin B3: 0.57mg (2.85%), Vitamin C: 2.28mg (2.76%), Vitamin B12: 0.1µg (1.62%), Vitamin A: 58.87IU (1.18%), Vitamin E: 0.17mg (1.15%)