



Raspberry Topped Macaroon Cookies

 Dairy Free

READY IN



85 min.

SERVINGS



36

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 cup almonds whole finely
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon almond extract
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 0.8 cup powdered sugar
- ☐ 0.8 cup coconut flakes flaked

- ☐ 0.5 cup raspberry jam
- ☐ 0.3 cup chocolate chips dark melted

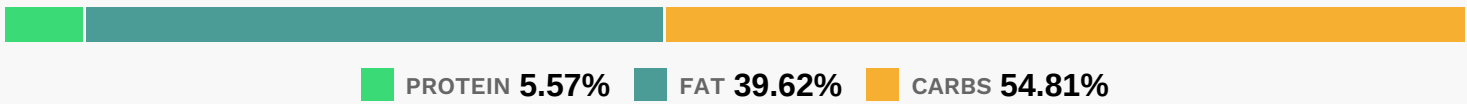
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ In medium bowl, combine sugar cookie mix, 1/4 cup almonds (reserve 3/4 cup), butter, almond extract, and egg until soft dough forms. Shape into 36 (1-inch) balls. On ungreased cookie sheets, place balls 2 inches apart. Using thumb or handle of wooden spoon, make indentation in center of each cookie. Spoon 1/2 teaspoon raspberry preserves in center of each cookie. Set aside.
- ☐ In small bowl, beat egg whites with electric mixer on high speed until stiff peaks form. Fold in powdered sugar, coconut, and remaining almonds. Spoon about 1 teaspoon egg white mixture into indentation of each cookie.
- ☐ Bake at 350° F for 10 to 12 minutes or until edges are light golden brown. Cool; place cookies on cooling racks. Cool completely.
- ☐ Drizzle with melted dark chocolate.

Nutrition Facts



Properties

Glycemic Index:1.81, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:2.142173923876%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg,

Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg,
Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg
Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 138.49kcal (6.92%), Fat: 6.21g (9.55%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 19.32g (6.44%), Net
Carbohydrates: 18.42g (6.7%), Sugar: 12.02g (13.36%), Cholesterol: 4.56mg (1.52%), Sodium: 67.74mg (2.95%),
Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 1.96g (3.93%), Vitamin E: 1.13mg (7.56%), Manganese:
0.14mg (7.21%), Vitamin B2: 0.07mg (4.26%), Fiber: 0.9g (3.6%), Magnesium: 13.5mg (3.38%), Copper: 0.06mg
(3.21%), Phosphorus: 28.91mg (2.89%), Selenium: 1.4µg (1.99%), Calcium: 18.6mg (1.86%), Iron: 0.32mg (1.8%),
Potassium: 58.3mg (1.67%), Vitamin A: 81.99IU (1.64%), Zinc: 0.24mg (1.58%), Folate: 5.64µg (1.41%), Vitamin B1:
0.02mg (1.38%), Vitamin B3: 0.23mg (1.16%)