



Tequila-Lime-Coconut Macaroon Bars

 Vegetarian

READY IN



125 min.

SERVINGS



1

CALORIES



4288 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose divided
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 1 serving garnishes: powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 2 cups sugar divided
- ☐ 1.5 cups coconut or sweetened flaked
- ☐ 3 tablespoons tequila

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Line bottom and sides of a 13- x 9-inch pan with heavy-duty aluminum foil, allowing 2 inches to extend over sides; lightly grease foil.
- ☐ Stir together 1 3/4 cups flour and 1/2 cup sugar.
- ☐ Cut in butter with a pastry blender or fork until crumbly. Press mixture onto bottom of prepared pan.
- ☐ Bake at 350 for 20 to 23 minutes or until lightly browned.
- ☐ Meanwhile, whisk eggs in a medium bowl until smooth; whisk in coconut, next 3 ingredients, and remaining 1 1/2 cups sugar. Stir together baking powder, salt, and remaining 1/4 cup flour; whisk into egg mixture.
- ☐ Pour over hot crust.
- ☐ Bake at 350 for 25 minutes or until filling is set.
- ☐ Let cool 1 hour on a wire rack. Lift from pan, using foil sides as handles.
- ☐ Remove foil, and cut into bars.
- ☐ Garnish, if desired.

Nutrition Facts



PROTEIN 5.28% **FAT 31.74%** **CARBS 62.98%**

Properties

Glycemic Index:334.09, Glycemic Load:417.85, Inflammation Score:-10, Nutrition Score:57.16826107191%

Flavonoids

Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 8.1mg, Hesperetin: 8.1mg, Hesperetin: 8.1mg, Hesperetin: 8.1mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 4288.09kcal (214.4%), Fat: 150.56g (231.63%), Saturated Fat: 98.65g (616.58%), Carbohydrates: 672.27g (224.09%), Net Carbohydrates: 652.51g (237.28%), Sugar: 456.82g (507.58%), Cholesterol: 988.03mg (329.34%), Sodium: 2181.81mg (94.86%), Alcohol: 15.03g (100%), Alcohol %: 1.55% (100%), Protein: 56.33g (112.67%), Selenium: 170.35µg (243.36%), Manganese: 3.02mg (151.23%), Folate: 566.96µg (141.74%), Vitamin B1: 2.09mg (139.38%), Vitamin B2: 2.3mg (135.21%), Iron: 17.58mg (97.67%), Phosphorus: 878.01mg (87.8%), Vitamin B3: 15.97mg (79.85%), Vitamin A: 3957.7IU (79.15%), Fiber: 19.76g (79.02%), Copper: 0.94mg (47.09%), Vitamin B5: 4.57mg (45.68%), Magnesium: 153.42mg (38.36%), Zinc: 5.46mg (36.43%), Vitamin E: 5.07mg (33.77%), Vitamin B12: 1.97µg (32.88%), Potassium: 1137.02mg (32.49%), Calcium: 324.68mg (32.47%), Vitamin C: 24.78mg (30.04%), Vitamin D: 4µg (26.67%), Vitamin B6: 0.52mg (26.18%), Vitamin K: 9.79µg (9.32%)