



Tuckers



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large egg whites
- ☐ 24 servings purple gel food coloring red
- ☐ 1 teaspoon purple gel food coloring pure (not rose water)
- ☐ 0.7 cup sugar
- ☐ 24 servings sugar white
- ☐ 2.5 cups coconut shredded unsweetened
- ☐ 1 teaspoon vanilla extract

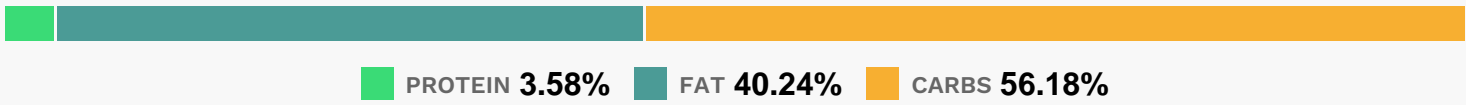
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Cook first 3 ingredients in a medium saucepan over medium-low heat, stirring occasionally, until mixture is hot, dry to the touch, and starts pulling away from sides of pan, about 10 minutes.
- ☐ Scrape dough into a heatproof bowl. Stir in vanilla and rose extract, if using.
- ☐ Add 1 drop of food coloring; stir well. Press plastic wrap on top of dough. Chill for at least 5 hours or overnight.
- ☐ Preheat oven to 300°F. Line a baking sheet with parchment paper or a silicone baking mat and stack it on top of a second sheet (this keeps cookie bottoms from browning too quickly).
- ☐ Roll 1 tablespoon of dough into a ball. With your fingers, pinch the ball to form a 3-sided pyramid that ends in a point. Dip into white sanding sugar.
- ☐ Bake cookies until lightly golden on top and slightly firm to the touch, 25–30 minutes.
- ☐ Let cool on sheet on a wire rack. DO AHEAD: Tuckers can be made 3 days ahead. Store cookies airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:12.26, Inflammation Score:-1, Nutrition Score:1.9030434987305%

Nutrients (% of daily need)

Calories: 134.87kcal (6.74%), Fat: 6.32g (9.72%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 18.26g (6.64%), Sugar: 18.29g (20.33%), Cholesterol: 0mg (0%), Sodium: 12.9mg (0.56%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 1.27g (2.53%), Manganese: 0.27mg (13.38%), Fiber: 1.58g (6.32%), Selenium: 3µg (4.28%), Copper: 0.08mg (3.99%), Magnesium: 9.34mg (2.34%), Vitamin B2: 0.04mg (2.2%), Phosphorus: 20.79mg (2.08%), Iron: 0.34mg (1.86%), Potassium: 62.17mg (1.78%), Vitamin B6: 0.03mg (1.47%), Zinc: 0.2mg (1.32%)