



Vegan Coconut Macaroons

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



155 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.8 cup cashew pieces
- 0.5 teaspoon salt
- 0.5 cup sugar raw
- 1 cup unbleached flour
- 2.5 cups coconut or unsweetened flaked
- 0.8 cup water

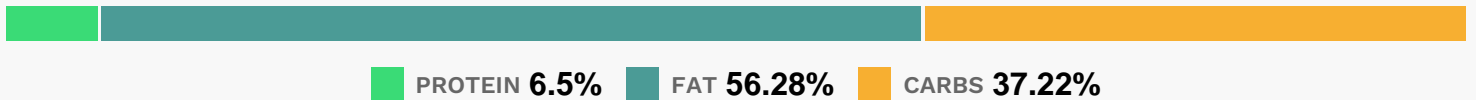
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spray a baking sheet with cooking spray.
- Combine coconut and flour in a large bowl.
- Puree cashews, water, sugar, salt, and almond extract together in a blender.
- Stir cashew mixture into coconut mixture until well blended.
- Form coconut mixture into 1-inch balls and flatten; arrange on the prepared baking sheet.
- Bake cookies in the preheated oven until edges are golden, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:3.63, Inflammation Score:-1, Nutrition Score:3.9873912774998%

Nutrients (% of daily need)

Calories: 155.2kcal (7.76%), Fat: 10.09g (15.52%), Saturated Fat: 7.19g (44.94%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 12.74g (4.63%), Sugar: 6.73g (7.48%), Cholesterol: 0mg (0%), Sodium: 70.42mg (3.06%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.62g (5.25%), Manganese: 0.47mg (23.55%), Copper: 0.23mg (11.34%), Fiber: 2.27g (9.07%), Selenium: 6.01µg (8.59%), Magnesium: 28.28mg (7.07%), Phosphorus: 62.99mg (6.3%), Iron: 0.83mg (4.64%), Zinc: 0.61mg (4.07%), Potassium: 108.31mg (3.09%), Vitamin B6: 0.06mg (3.02%), Vitamin B1: 0.04mg (2.36%), Vitamin K: 1.89µg (1.8%), Vitamin B5: 0.17mg (1.71%), Folate: 4.7µg (1.17%), Vitamin B2: 0.02mg (1.13%)