

Coconut Macaroons

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Servings: 30

*2 cups flaked coconut
3/4 cup macadamia nuts, coarsely
chopped
2/3 cup sugar
1/4 cup all-purpose flour
1/4 teaspoon salt
3 egg whites, lightly beaten
1 teaspoon lemon zest
1 tablespoon lemon juice
powdered sugar (optional)*

Preparation Time: 25 minutes

Bake: 20 minutes

Preheat the oven to 325 degrees.

Line a large cookie sheet with parchment paper.
Set aside.

In a large bowl, combine the coconut, macadamia nuts, sugar, flour and salt. Add the egg whites, lemon zest and lemon juice, stirring until combined. Drop the dough by rounded teaspoons two inches apart onto the prepared cookie sheet.

Bake for 20 to 25 minutes or until the edges are lightly browned.

Transfer the cookies to a wire rack. Cool. If desired, sprinkle with powdered sugar.

Per Serving (excluding unknown items): 46 Calories; 2g Fat (46.3% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	46	Vitamin B6 (mg):	trace
% Calories from Fat:	46.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	47.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	2mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 6g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 23mg
Potassium (mg): 19mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 30

Amount Per Serving

Calories 46 **Calories from Fat:** 21

% Daily Values*

Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	1%
Protein	1g	
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Vitamin A		0%
Vitamin C		1%
Calcium		0%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.