

# Lime & Gin Coconut Macaroons

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## Yield: 2 1/2 dozen

4 egg whites  
2/3 cup sugar  
3 tablespoons gin  
1 1/2 teaspoons grated lime peel  
1/4 teaspoon salt  
1/4 teaspoon almond extract  
1 package (14 ounce) flaked coconut  
1/2 cup all-purpose flour  
8 ounces white baking chocolate,  
melted

## Preparation Time: 20 minutes

### Bake: 15 minutes

Preheat the oven to 350 degrees.

In a small bowl, whisk the egg whites, sugar, gin, lime peel, salt and almond extract until blended.

In a large bowl, toss the coconut with the flour. Stir in the egg white mixture.

Drop by tablespoonfuls two inches apart onto greased baking sheets. Bake for 15 to 18 minutes or until the tops are light brown. Remove from the pans to wire racks to cool completely.

Dip the bottoms of the macaroons into the melted chocolate allowing the excess to drip off. Place on waxed paper; let stand until set.

Store in an airtight container.

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Per Serving (excluding unknown items): 916 Calories; 1g Fat (0.7% calories from fat); 20g Protein; 181g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 755mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 9 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	916	Vitamin B6 (mg):	trace
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	89.2%	Thiamin B1 (mg):	.5mg

**% Calories from Protein:** 10.1%  
**Total Fat (g):** 1g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 181g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 20g  
**Sodium (mg):** 755mg  
**Potassium (mg):** 261mg  
**Calcium (mg):** 22mg  
**Iron (mg):** 3mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Riboflavin B2 (mg):** .9mg  
**Folacin (mcg):** 100mcg  
**Niacin (mg):** 4mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 111  
**% Refuse:** n.n%

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### Food Exchanges

**Grain (Starch):** 3  
**Lean Meat:** 2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 9

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## Nutrition Facts

### Amount Per Serving

**Calories** 916 **Calories from Fat:** 6

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### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	755mg	31%
<b>Total Carbohydrates</b>	181g	60%
Dietary Fiber	2g	7%
<b>Protein</b>	20g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		2%
<b>Iron</b>		17%

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