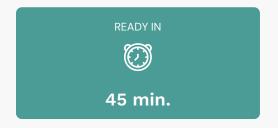


# **Almond Macaroons I**

airy Free







DESSERT

### **Ingredients**

0.5 pound almond paste
2 tablespoons blanched almonds and chopped
2 tablespoons cake flour
0.3 cup powdered sugar

- 3 egg whites
- O.1 teaspoon salt
- 1 cup granulated sugar white

# **Equipment**

	food processor	
	baking sheet	
	oven	
	mixing bowl	
	aluminum foil	
Directions		
	Cover cookie sheets with parchment or aluminum foil, shiny side up.	
	Soften almond paste with your hands or food processor. In large mixing bowl, blend almond paste and sugar.	
	Separate eggs and add whites to mixture.	
	Mix in confectioners' sugar, flour and salt. Stir well.	
	Force dough through a cookie press or drop by teaspoonfuls onto cookie sheets. Cover and let stand for 30 minutes.	
	Preheat oven to 300 degrees F (150 degrees C).	
	Sprinkle cookies with chopped almonds and bake for 25 minutes.	
	Remove parchment or foil from cookie sheets and let cool. Peel off macaroons.	
Nutrition Facts		
	PROTEIN <b>6.4%</b> FAT <b>29.58%</b> CARBS <b>64.02%</b>	
PROTEIN 0.470 FAT 29.3070 CARBS 04.U270		

#### **Properties**

Glycemic Index:5.71, Glycemic Load:6.09, Inflammation Score:-1, Nutrition Score:1.8104347913%

#### Nutrients (% of daily need)

Calories: 90.82kcal (4.54%), Fat: 3.1g (4.77%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.54g (5.29%), Sugar: 13.43g (14.93%), Cholesterol: Omg (0%), Sodium: 19.47mg (0.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin E: 1.48mg (9.84%), Manganese: 0.1mg (5.08%), Magnesium: 15.08mg (3.77%), Vitamin B2: 0.06mg (3.75%), Phosphorus: 29.52mg (2.95%), Copper: 0.05mg (2.7%), Fiber: 0.55g (2.2%), Selenium: 1.47µg (2.09%), Folate: 7.65µg (1.91%), Calcium: 18.68mg (1.87%), Potassium: 42.06mg (1.2%), Zinc: 0.17mg (1.14%), Iron: 0.19mg (1.07%)