

# Almond Macaroons I

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



91 kcal

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
- 0.1 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



## 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: 0mg (0%), Sodium: 19.47mg (0.85%), Alcohol: 0g (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%)