



Almond Macaroons II

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



74 kcal

DESSERT

Ingredients

- 3 egg whites
- 1.5 cups ground almonds
- 1.5 teaspoons lemon zest
- 2 drops food coloring red
- 1 cup sugar white

Equipment

- baking sheet
- oven

mixing bowl

spatula

Directions

Preheat oven to 275 degrees F (135 degrees C). Grease cookie sheets.

In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add lemon zest and sugar, continuing to beat until whites form stiff peaks. Color light green or pink with the food coloring while mixing. Using a rubber spatula, fold in the ground almonds. Drop by heaping spoonfuls onto the prepared cookie sheet. Cookies should be about 2 inches apart.

Bake for 20 to 30 minutes in the preheated oven, until cookies are firm and slightly brown. Allow cookies to cool on the sheets for 5 minutes before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:5.82, Inflammation Score:0, Nutrition Score:0.39999999875284%

Nutrients (% of daily need)

Calories: 73.64kcal (3.68%), Fat: 3.5g (5.38%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.08g (3.3%), Sugar: 8.59g (9.55%), Cholesterol: 0mg (0%), Sodium: 6.32mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Fiber: 0.76g (3.02%), Iron: 0.27mg (1.52%), Calcium: 15.21mg (1.52%), Selenium: 0.8µg (1.14%), Vitamin B2: 0.02mg (1.07%)