



Almond Meringue Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



36

CALORIES



63 kcal

DESSERT

Ingredients



1 cup confectioners' sugar



3 egg whites



11 ounces ground almonds



0.8 teaspoon ground cinnamon



1 teaspoon lemon zest grated

Equipment



bowl



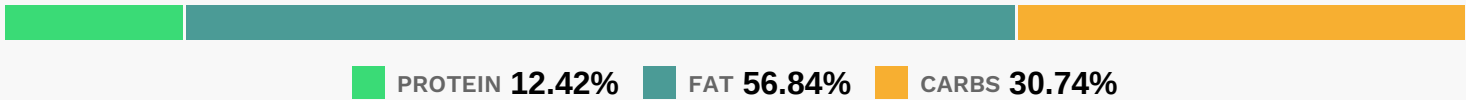
baking sheet

☐ oven

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease and lightly flour cookie sheets.
- ☐ In a large bowl, whip egg whites until soft peaks form. Gradually sprinkle in the sugar and keep whipping until the egg whites can hold a stiff peak, this will take about 5 minutes. Set aside about 1/2 cup of the egg whites.
- ☐ Add the lemon zest and cinnamon to the rest of the meringue, and fold in the almonds until everything is evenly blended.
- ☐ Drop mounds by spoonfuls onto the prepared baking sheets. Top each cookie with a smaller dollop of the reserved meringue.
- ☐ Bake for 15 minutes in the preheated oven, until golden brown.
- ☐ Remove cookies from the baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:0.14, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.43173912864016%

Nutrients (% of daily need)

Calories: 63.34kcal (3.17%), Fat: 4.29g (6.6%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 4.22mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Fiber: 0.95g (3.78%), Calcium: 18.89mg (1.89%), Iron: 0.34mg (1.86%)