



Amaretti



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



40

CALORIES



48 kcal

DESSERT

Ingredients

- ☐ 7 ounce almond paste
- ☐ 1 teaspoon amaretto (almond-flavored liqueur)
- ☐ 2 large egg whites
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup sugar

Equipment

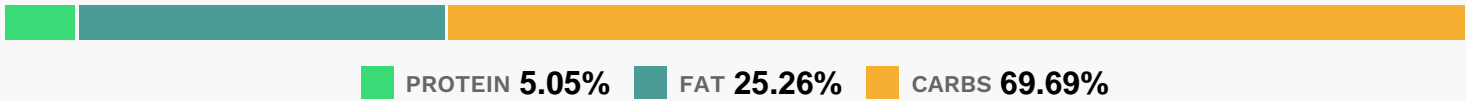
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Place granulated sugar and almond paste in a large bowl; beat with a mixer at medium speed until almond paste is broken into small pieces.
- ☐ Add amaretto and egg whites; beat on high speed 4 minutes or until smooth. Chill batter for 20 minutes.
- ☐ Drop batter by teaspoonfuls 1 inch apart on parchment paper-lined baking sheets.
- ☐ Sprinkle evenly with turbinado sugar.
- ☐ Bake at 350 for 10 minutes or until edges of cookies are golden brown. Cool completely on pans; carefully remove cookies from parchment. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:0.80043477589346%

Nutrients (% of daily need)

Calories: 48.2kcal (2.41%), Fat: 1.39g (2.14%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 8.41g (3.06%), Sugar: 8.08g (8.98%), Cholesterol: 0mg (0%), Sodium: 3.28mg (0.14%), Alcohol: 0.03g (100%), Alcohol %: 0.32% (100%), Protein: 0.63g (1.25%), Vitamin E: 0.67mg (4.47%), Manganese: 0.04mg (2.17%), Vitamin B2: 0.03mg (1.69%), Magnesium: 6.66mg (1.66%), Phosphorus: 13.07mg (1.31%), Copper: 0.02mg (1.17%)