

Amaretti Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



50

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 2 egg whites
- ☐ 2 cups powdered sugar
- ☐ 1 pound slivered almonds
- ☐ 2 teaspoons vanilla extract

Equipment

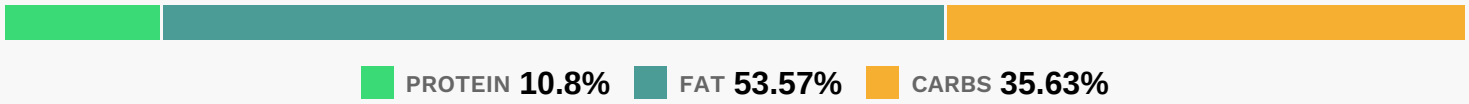
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ blender

Directions

- ☐ Process almonds in 2 batches in a food processor or blender until finely ground.
- ☐ Combine ground almonds, powered sugar, and vanilla extract in a medium bowl, using hands to mix. Stir in egg whites. (Dough will be sticky.) Drop by teaspoonfuls onto lightly greased baking sheets.
- ☐ Bake at 350 for 15 to 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:0.2, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.8808695293315%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 72.28kcal (3.61%), Fat: 4.53g (6.97%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.64g (2.05%), Sugar: 5.12g (5.69%), Cholesterol: 0mg (0%), Sodium: 2.19mg (0.1%), Alcohol: 0.05g (100%), Alcohol %: 0.46% (100%), Protein: 2.05g (4.11%), Vitamin E: 2.32mg (15.48%), Manganese: 0.21mg (10.4%), Vitamin B2: 0.11mg (6.46%), Magnesium: 24.65mg (6.16%), Copper: 0.09mg (4.71%), Fiber: 1.13g (4.54%), Phosphorus: 43.83mg (4.38%), Calcium: 24.55mg (2.46%), Potassium: 68.79mg (1.97%), Iron: 0.34mg (1.89%), Zinc: 0.28mg (1.89%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.24%), Folate: 4.04µg (1.01%)