



Amaretti Cookies



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



34 min.

SERVINGS



30

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 2.5 cups almond flour –or– 3 cups of blanched slivered almonds finely
- ☐ 1.3 cup baker's sugar (superfine sugar)
- ☐ 3 egg whites
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon almond extract

Equipment

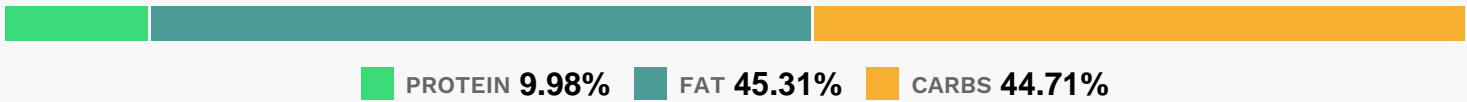
- ☐ food processor
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Prepare oven and baking sheet: Preheat oven to 300°F and line baking sheets with parchment paper.
- ☐ Make the dough: In a food processor pulse together the almond flour and sugar.
- ☐ Add the vanilla and almond extract and pulse for a few seconds.
- ☐ Add the eggs, one at a time, and continue to process until the dough is smooth.
- ☐ Place teaspoons of the dough on the parchment paper-lined baking sheet and dust with sugar.
- ☐ Bake at 300°F for 24–30 minutes or until golden brown.
- ☐ Cool completely before serving.
- ☐ They will be slightly chewy at first, but they will be nicely crispy as a day or two goes by.
- ☐ Store in a cool, dry place. (Note: I usually under-bake mine since I like them chewy. If that's your preference, bake them for about 20–24 minutes.)

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:5.82, Inflammation Score:0, Nutrition Score:0.45086956769228%

Nutrients (% of daily need)

Calories: 86.95kcal (4.35%), Fat: 4.65g (7.16%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9.34g (3.4%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 5.08mg (0.22%), Alcohol: 0.07g (100%), Alcohol %: 0.42% (100%), Protein: 2.31g (4.61%), Fiber: 0.99g (3.96%), Iron: 0.36mg (2%), Calcium: 19.92mg (1.99%)