



Amaretti Thins | Crunchy Almond Cookies (Gluten-Free, Grain-Free, Paleo Friendly)



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



31 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon vanilla extract with ¼ tsp of vanilla extract for a milder flavor) canned
- ☐ 2 Tablespoons almonds light with your hands crushed sliced
- ☐ 0.5 cup almond flour
- ☐ 0.3 cup coconut sugar
- ☐ 1 large egg whites at room temperature

Equipment

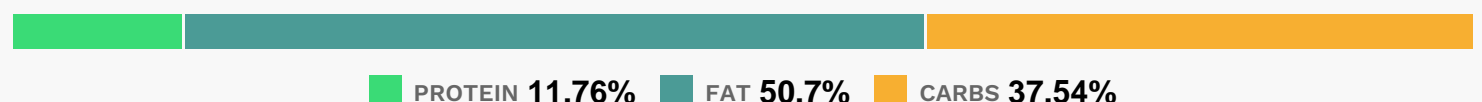
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 300°F. Line two or more baking sheets with parchment paper and set aside.
- ☐ Whisk together the egg white and coconut sugar in a metal bowl set over a pot of barely simmering water until the sugar dissolves and the mixture is just barely warm to the touch.
- ☐ Remove from heat and continue to beat the egg and sugar mixture either with a handheld mixer or stand mixer until it increases in volume and is pale, ribbony and thickened. The mixture should be light beige and look shiny.
- ☐ Add in the almond extract if using. With a rubber spatula, fold the almond flour into the egg white mixture in three times; do this gently until well incorporated and the consistency of peanut butter. Use a teaspoon to spoon the batter into small rounds on the prepared baking sheets, leaving 1 inch between as the batter will spread. Top with the crushed sliced almonds.
- ☐ Bake for 20–25 minutes until lightly golden.
- ☐ Remove from the oven and transfer the entire sheet with the cookies to a cooling rack. Do not attempt to remove them immediately, the cookies will harden as they cool. When completely cool, remove them from the parchment and store in an airtight tin.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:0.46695652393543%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 31.23kcal (1.56%), Fat: 1.89g (2.9%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 7.98mg (0.35%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0.99g (1.97%), Vitamin E: 0.26mg (1.71%), Fiber: 0.42g (1.69%), Manganese: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.1%)