



WHATSheATE



Bake the Book: Amaretti



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



90

CALORIES



30 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 8 ounces blanched almonds and
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup egg whites at room temperature (from 4 large eggs)
- ☐ 3.5 ounces granulated sugar
- ☐ 8 ounces powdered sugar

Equipment

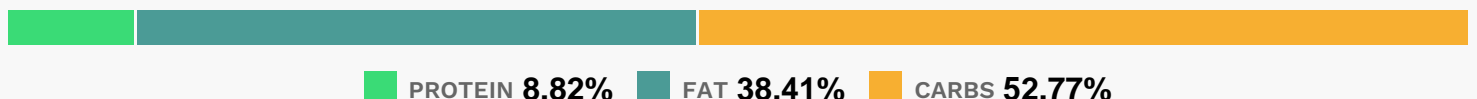
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 300°F. Position racks in the lower and upper thirds of the oven.
- ☐ Combine the almonds and powdered sugar in a food processor. Process until the almonds are finely ground, pulsing to avoid turning the mixture into a paste and scraping the sides as necessary.
- ☐ In a separate bowl, beat the egg whites with the cream of tartar until soft peaks form when the beaters are lifted.
- ☐ Add the almond extract and continue to beat, gradually adding granulated sugar, until the egg whites are fluffy and very stiff with a dull sheen.
- ☐ Pour the almond mixture over the meringue. Fold with a large rubber spatula just until the dry mixture is fully incorporated. Scrape the batter into the pastry bag. Pipe low domes about 1 1/2 inches in diameter and 3/4 inches high, 1 inch apart, on the lined cookie sheets. If your domes are pointy, smooth them with a wet finger. Without a pastry bag, use a spoon to scoop tablespoons of batter 1 inch apart onto the pans. While the first two pans are baking, pipe or scoop any remaining batter immediately onto a third lined sheet or onto a parchment liner to be transferred to a baking sheet when the oven is free.
- ☐ Bake for 30 to 35 minutes, until the cookies are golden. (Or, if you prefer them crunchy on the outside and a little soft and chewy within instead of thoroughly crunchy, bake them for only 12 minutes at 350°F.) Rotate the pans from top to bottom and from front to back halfway through the baking time to ensure even baking.
- ☐ Set the pans or just the liners on racks to cool.
- ☐ Let the cookies cool completely before storing. Repeat with the remaining cookies. May be kept in an airtight container for weeks.

Nutrition Facts



Properties

Glycemic Index:0.78, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:0.74565217433416%

Nutrients (% of daily need)

Calories: 29.89kcal (1.49%), Fat: 1.33g (2.05%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 2.79mg (0.12%), Alcohol: 0.03g (100%), Alcohol %: 0.51% (100%), Protein: 0.69g (1.37%), Vitamin E: 0.6mg (3.99%), Manganese: 0.05mg (2.34%), Magnesium: 6.91mg (1.73%), Vitamin B2: 0.02mg (1.45%), Copper: 0.03mg (1.33%), Phosphorus: 12.33mg (1.23%)