

## Biscoff Macarons



Gluten Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



22

CALORIES



97 kcal

DESSERT

## Ingredients

- ☐ 65 grams almond meal/flour
- ☐ 0.3 cup creamy biscoff spread
- ☐ 95 grams egg whites (close to 3 large egg whites)
- ☐ 25 grams granulated sugar
- ☐ 1 cup powdered sugar
- ☐ 1 stick butter unsalted softened
- ☐ 45 grams ground up biscoff cookies finely
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## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ stand mixer
- ☐ pastry bag
- ☐ offset spatula
- ☐ sifter
- ☐ kitchen scale

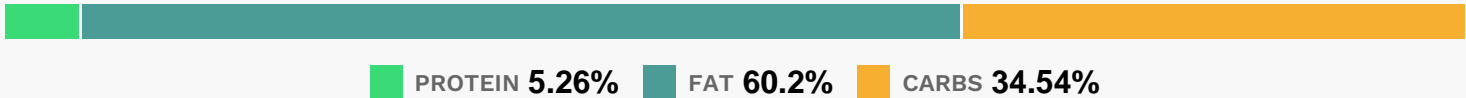
## Directions

- ☐ Preheat oven to 280 degrees F. and line a large baking sheet with parchment paper. Weigh your egg whites, almond flour, powdered sugar, granulated sugar and ground Biscoff Cookies on your food scale. In a stand mixer with the whisk attachment add your weighed out egg whites, and sugar beating on medium speed. Beat on medium-high until stiff peaks form. Takes close to 5 minutes. See pictures for visuals. Set aside for a couple minutes.
- ☐ Place the powdered sugar, almond flour and cookies into a large mixing bowl. Stir to combine.
- ☐ Place in a sifter or fine sieve and sift until all dry ingredients have passed through. Gently fold in the egg whites to the dry ingredients, mixing only until just combined. See pictures for visuals
- ☐ Place batter into a large pastry bag with a large round tip attached. Pipe rounds, about 1/2 inch apart onto a parchment lined baking sheet. Give a good tap or two of the pan to remove any bubbles.
- ☐ Bake macarons for 22–25 minutes. You'll see a shell on top with "feet" around the edges.
- ☐ Let cool completely before removing. Once cooled, take an offset spatula to loosen from parchment. Pair the macarons close in size to each other to prepare for filling. To prepare

buttercream, beat softened butter, creamy Biscoff

- ☐ Spread and powdered sugar until creamy and smooth.
- ☐ Place buttercream into a medium pastry bag with a large round tip attached and pipe a dollop of frosting on the center of a macaron and top with a second macaron.
- ☐ Serve room temperature. Store any remaining macarons in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.19, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.47130434328447%

## Nutrients (% of daily need)

Calories: 97.49kcal (4.87%), Fat: 6.72g (10.33%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 8.36g (3.04%), Sugar: 7.5g (8.34%), Cholesterol: 11.04mg (3.68%), Sodium: 7.85mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin A: 128.36IU (2.57%), Selenium: 0.95µg (1.36%), Vitamin B2: 0.02mg (1.29%), Fiber: 0.31g (1.25%)