



Chocolate Peanut Butter Burgers (French Macaroons)

 Vegetarian  Gluten Free

READY IN



57 min.

SERVINGS



36

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter at room temperature
- ☐ 2.5 tablespoons cocoa powder
- ☐ 1 cup confectioners' sugar
- ☐ 2.5 cups confectioners' sugar
- ☐ 5 egg whites
- ☐ 1.5 cups plus 1 tablespoon ground almonds
- ☐ 0.5 cup peanut butter at room temperature

- ☐ 0.3 teaspoon vanilla extract

Equipment

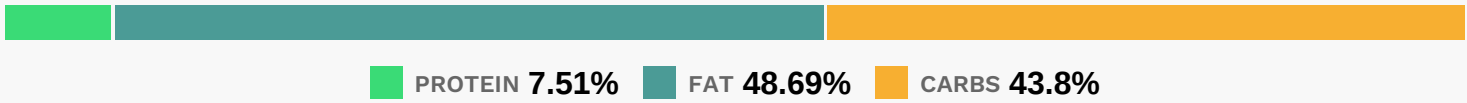
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ pastry bag

Directions

- ☐ Special equipment: Pastry bag with round tip
- ☐ Make the Macaroons: Preheat the oven to 300 degrees F.
- ☐ Line several sheet pans with parchment paper and set aside. In a bowl, combine 2 1/2 cups of the sugar, almonds, and cocoa powder.
- ☐ In another clean dry bowl whip the egg whites with the remaining 1/2 cup sugar until medium peaks form (do not beat to stiff peaks). Fold egg whites into dry ingredients to make a meringue. Fill the pastry bag with the meringue. (To easily fill the pastry bag, place it (with a clothespin holding it shut at the bottom) in a tall round container such as a coffee can, mayonnaise jar, or vase, folding the edge over the rim of the container.)
- ☐ Pipe rows of kisses 1-inch in diameter (about the size of a quarter), keeping them 1/2 inch apart, onto the sheet pans.
- ☐ Bake until very light brown, rotating the pans after 8 minutes, about 17 minutes.
- ☐ Let the macaroons cool on the pan.
- ☐ Meanwhile, make the Peanut Butter Buttercream: In a standing mixer fitted with a whisk attachment, cream the butter until light and fluffy.
- ☐ Add the peanut butter and whip.
- ☐ Add the confectioners' sugar and vanilla and whip until fluffy.
- ☐ Transfer the buttercream to a clean pastry bag fitted with a round tip.

Peel 2 macaroons off the parchment, pipe the buttercream on 1 flat side and sandwich the other flat-side down on top. Repeat with the remaining macaroons. Keep chilled in an airtight container until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.2786956591451%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 118.79kcal (5.94%), Fat: 6.75g (10.39%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.87g (4.68%), Sugar: 11.99g (13.32%), Cholesterol: 6.78mg (2.26%), Sodium: 42.87mg (1.86%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 2.34g (4.69%), Manganese: 0.07mg (3.34%), Fiber: 0.8g (3.18%), Vitamin E: 0.4mg (2.67%), Vitamin B3: 0.49mg (2.45%), Magnesium: 8.31mg (2.08%), Vitamin B2: 0.03mg (1.72%), Iron: 0.3mg (1.65%), Selenium: 1.13µg (1.62%), Phosphorus: 16.08mg (1.61%), Vitamin A: 78.79IU (1.58%), Copper: 0.03mg (1.5%), Calcium: 13.17mg (1.32%)