



Chocolate-Pecan Macaroons

 Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



71 kcal

DESSERT

Ingredients

- 3 large egg whites
- 2 tablespoons matzo meal
- 0.8 cup pecans toasted chopped
- 2.3 cups powdered sugar sifted
- 0.1 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

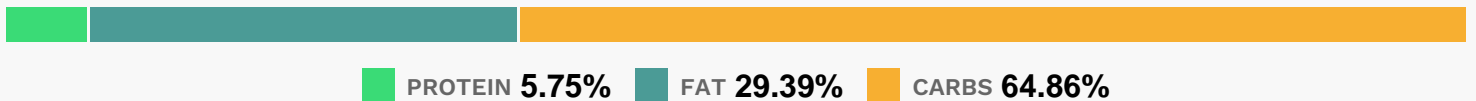
Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- spatula

Directions

- Preheat oven to 32
- Combine first 4 ingredients in a large bowl; stir with a whisk.
- Add egg whites, 1 at a time, beating with a mixer at medium speed until combined; scrape bowl occasionally.
- Add vanilla, and beat well. Fold in pecans. Drop batter by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 325 for 15 minutes or until dry on the surface and centers are soft.
- Remove from oven; cool on wire racks for 15 minutes or until cookies can be easily removed with a spatula. Cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:0.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.6591304545493%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 71.36kcal (3.57%), Fat: 2.51g (3.86%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.51g (4.19%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 18.07mg (0.79%), Alcohol: 0.05g (100%), Alcohol %: 0.34% (100%), Caffeine: 3.8mg (1.27%), Protein: 1.1g (2.21%), Manganese: 0.21mg (10.56%), Copper: 0.1mg (5.13%), Fiber: 0.94g (3.75%), Magnesium: 12.69mg (3.17%), Phosphorus: 22.11mg (2.21%), Selenium: 1.46µg (2.09%), Iron: 0.34mg (1.91%), Zinc: 0.26mg (1.75%), Vitamin B2: 0.03mg (1.71%), Vitamin B1: 0.03mg (1.68%), Potassium: 45.54mg (1.3%)