



French Chocolate Macarons with Chocolate Ganache

 Gluten Free

READY IN



180 min.

SERVINGS



25

CALORIES



122 kcal

DESSERT

Ingredients

- 1 cup almond flour
- 4 ounces bittersweet chocolate finely chopped
- 3 tablespoons cocoa powder unsweetened
- 1 pinch cream of tartar
- 3 large egg whites at room temperature
- 3 tablespoons granulated sugar
- 0.5 cup cup heavy whipping cream

- 2 cups powdered sugar
- 0.3 teaspoon salt fine
- 2 tablespoons butter unsalted cut into cubes at room temperature ()

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- stand mixer
- ziploc bags
- spatula
- pastry bag
- sifter

Directions

- For the macarons: Line two baking sheets with parchment paper; set aside. Fit a large pastry bag with a 1/2-inch plain tip; set aside.
- Place the powdered sugar, almond flour, cocoa powder, and salt in a food processor fitted with a blade attachment and pulse several times to aerate. Process until fine and combined, about 30 seconds. Sift through a flour sifter into a large bowl; set aside. Make a meringue by placing the egg whites in the clean bowl of a stand mixer fitted with a whisk attachment. Beat on medium speed until opaque and foamy, about 30 seconds.
- Add the cream of tartar, increase the speed to medium high, and beat until the egg whites are white in color and hold the line of the whisk, about 1 minute. Continue to beat, slowly adding the granulated sugar, until the sugar is combined, the peaks are stiff, and the whites are shiny, about 1 minute more. (Do not overwhip.)

- Transfer the meringue to a large bowl. Using a rubber spatula, gently fold the dry mixture into the egg whites in four batches until the dry ingredients are just combined. (The meringue will deflate.) With the final addition, stop folding when there are no traces of egg whites, the mixture runs like slow-moving lava, and it looks like cake batter. (Do not overmix.)
- Transfer the batter to the pastry bag. Pipe out 1-1/4-inch rounds about 1 inch apart onto the baking sheets, about 25 per sheet. Pick up the baking sheets and bang them against the work surface to help create the macaron base, or foot.
- Let the rounds sit at room temperature for 30 minutes to dry the tops and ensure even cooking.
- Heat the oven to 350°F and arrange a rack in the middle.
- Bake the macarons one sheet at a time for 7 minutes. Rotate the sheet and cook for 7 minutes more.
- Place the chopped chocolate in a large bowl. Warm the cream in a small saucepan over medium heat until it just starts to boil. Stir it into the chocolate without creating bubbles.
- Let sit for 1 minute.
- Add the butter and stir until smooth. Chill in the refrigerator until thickened but still spreadable, about 30 minutes. To assemble: Pair macarons of similar size.
- Remove the ganache from the refrigerator. If you choose to pipe the ganache, transfer it to a resealable plastic bag and snip about a 1/2 inch off a bottom corner. Squeeze or scoop the ganache to about the size of a cherry (about 1 teaspoon) onto the center of a macaron half. Top with another half and press gently so that it looks like a mini hamburger. The filling should not ooze out the edges. Refrigerate, covered, at least 24 hours before serving.

Nutrition Facts

■ PROTEIN **6.04%** ■ FAT **47.2%** ■ CARBS **46.76%**

Properties

Glycemic Index: 2.8, Glycemic Load: 1.01, Inflammation Score: -1, Nutrition Score: 1.49304346473%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 122.21kcal (6.11%), Fat: 6.68g (10.27%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.82g (5.03%), Sugar: 12.83g (14.25%), Cholesterol: 8.06mg (2.69%), Sodium: 32.04mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.28mg (1.76%), Protein: 1.92g (3.84%), Fiber: 1.06g (4.24%), Manganese: 0.08mg (4.21%), Copper: 0.08mg (4.09%), Iron: 0.56mg (3.09%), Magnesium: 11.77mg (2.94%), Selenium: 1.48µg (2.11%), Vitamin A: 100.23IU (2%), Phosphorus: 19.82mg (1.98%), Vitamin B2: 0.03mg (1.91%), Calcium: 16.8mg (1.68%), Potassium: 52.91mg (1.51%), Zinc: 0.18mg (1.17%)