



## French Macarons with Bittersweet Chocolate Ganache

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



20

CALORIES



134 kcal

DESSERT

### Ingredients

- 2 oz baker's chocolate finely chopped
- 7 oz blanched almonds and whole
- 1 tablespoon butter softened
- 1 teaspoon plus light
- 3 egg whites
- 0.5 teaspoon purple gel food coloring red
- 3 tablespoons granulated sugar

- 1.5 cups powdered sugar
- 0.3 teaspoon salt
- 0.3 cup whipping cream

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- baking paper
- oven
- wire rack
- sieve
- blender
- hand mixer
- microwave
- spatula
- measuring cup

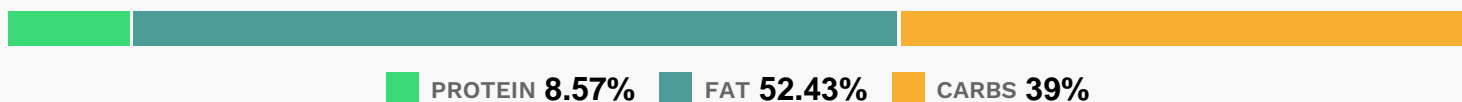
## Directions

- Fill small bowl half full with hot water.
- Place egg whites in custard cup or another small bowl; place in bowl of water, making sure water doesn't get into the egg whites.
- Let stand about 3 minutes or until egg whites reach 75F. Line 2 cookie sheets with cooking parchment paper or silicone baking mats.
- In blender, place almonds and 1/4 cup of the powdered sugar. Cover; blend on high speed 1 to 2 minutes, scraping sides occasionally, or until almonds are very finely ground.
- Place strainer over medium bowl. Using rubber spatula, press almond mixture through strainer into bowl. Return any almonds left in strainer to blender; add 1/4 cup of the remaining powdered sugar. Cover; blend on high speed 1 to 2 minutes, scraping sides occasionally, or

until almonds are very finely ground. Press almond mixture and remaining 1 cup powdered sugar through strainer into bowl; set aside. Discard any remaining large almond pieces.

- In another bowl, beat egg whites, salt and food color with electric mixer on high speed just until foamy. Gradually add granulated sugar, 1 tablespoon at a time, beating on high speed 1 to 2 minutes or until soft peaks form. Using rubber spatula, fold about half of the almond mixture into egg white mixture until completely incorporated. Fold in remaining almond mixture.
- Spoon batter into decorating bag fitted with 1/2-inch plain tip. Pipe batter in 20 (1 1/2-inch) circles onto each cookie sheet about 1 1/2 inches apart. If tops have a peak, wet fingertips lightly on damp paper towel and press down to flatten. Tap bottom of cookie sheet on counter a few times to flatten cookies.
- Let stand uncovered at room temperature 30 minutes to allow a light crust to form on tops.
- Heat oven to 300F.
- Bake one pan at a time 17 to 18 minutes or until tops look set. Cool on pan on cooling rack at least 10 minutes. With metal pancake turner, remove cookies to cooling rack.
- In 2-cup glass measuring cup, microwave cream and corn syrup uncovered on High 1 minute. Stir in chocolate and butter until chocolate is melted.
- Let stand about 30 minutes. Cover; refrigerate about 30 minutes or until spreading consistency.
- For each sandwich cookie, spread about 1 teaspoon ganache on bottom edge of 1 cookie. Top with a second cookie. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:6.95, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:4.0395651888912%

## Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

## Nutrients (% of daily need)

Calories: 133.57kcal (6.68%), Fat: 8.35g (12.85%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.52g (4.55%), Sugar: 11.59g (12.87%), Cholesterol: 4.87mg (1.62%), Sodium: 44.92mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin E: 2.41mg (16.08%), Manganese: 0.3mg

(15.06%), Copper: 0.2mg (9.78%), Magnesium: 36.59mg (9.15%), Phosphorus: 61.63mg (6.16%), Vitamin B2: 0.1mg (5.94%), Fiber: 1.45g (5.81%), Iron: 0.83mg (4.62%), Zinc: 0.58mg (3.87%), Calcium: 28.92mg (2.89%), Potassium: 99.47mg (2.84%), Selenium: 1.61µg (2.3%), Vitamin B3: 0.39mg (1.96%), Vitamin B1: 0.02mg (1.61%), Folate: 5.98µg (1.49%), Vitamin A: 61.92IU (1.24%)