



Frosted Flakes Macarons



Vegetarian



Popular

READY IN



45 min.

SERVINGS



22

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 65 grams almond meal/flour
- ☐ 0.3 cup frosted flakes cereal
- ☐ 45 grams ground up frosted flakes cereal finely
- ☐ 95 grams egg whites (close to 3 large egg whites)
- ☐ 25 grams granulated sugar
- ☐ 1 cup powdered sugar
- ☐ 1 stick butter unsalted softened

Equipment

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

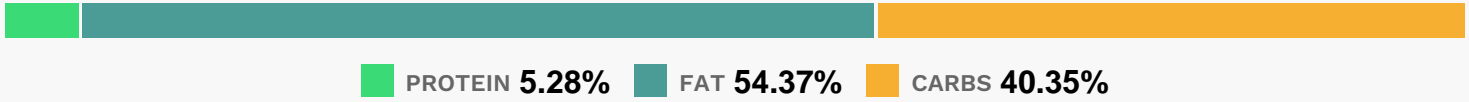
Directions

- ☐ 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 Frosted Flakes Cereal 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 Frosted Flakes 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 and powdered sugar until creamy and smooth.

- ☐
- Add honey and 1/4 cup crushed Frosted Flakes to the frosting, beating until combined.

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Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:1.6217391192913%

Nutrients (% of daily need)

Calories: 90.67kcal (4.53%), Fat: 5.68g (8.74%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 9.12g (3.32%), Sugar: 7.5g (8.33%), Cholesterol: 11.04mg (3.68%), Sodium: 19.66mg (0.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin B6: 0.09mg (4.52%), Iron: 0.79mg (4.41%), Vitamin B2: 0.07mg (3.86%), Vitamin B12: 0.22µg (3.62%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 169.13IU (3.38%), Vitamin B1: 0.05mg (3.22%), Folate: 9.96µg (2.49%), Selenium: 1.04µg (1.48%), Fiber: 0.37g (1.47%), Vitamin D: 0.2µg (1.3%)