



Gluten Free Mocha Macaroons



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



59 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cocoa powder – i use dark
- ☐ 1 tablespoon coffee granules instant
- ☐ 2 egg whites – unbeaten
- ☐ 1 cup ground almonds
- ☐ 1.5 cups powdered sugar
- ☐ 1 teaspoon vanilla

Equipment

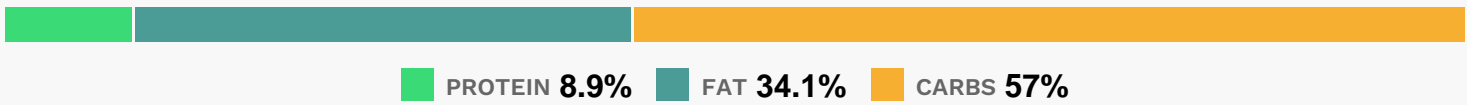
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees. Prepare 2 baking sheets with either parchment paper or Silpat Mats (I prefer these). Put all ingredients in a mixing bowl and mix until well blended. If you have a sticky, gooey, chocolaty mess then it's perfect. Wet your hands with water and pull up a ball the size of a small walnut, and place on prepared pans leaving at least one inch between each cookie. You will probably have to re-wet your hands several times.
- ☐ Bake macaroons for 11 minutes. They will still seem a bit squishy when done but they harden up a little as they cool and you want the insides chewy. Don't worry if the bottoms of the cookies look a bit sticky.
- ☐ Let cool on the pan for about 1 or 2 minutes then remove to a rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.57434782450614%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 59.48kcal (2.97%), Fat: 2.4g (3.69%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.31g (3.02%), Sugar: 7.55g (8.39%), Cholesterol: 0mg (0%), Sodium: 4.52mg (0.2%), Alcohol: 0.06g (100%), Alcohol %: 0.46% (100%), Caffeine: 7.98mg (2.66%), Protein: 1.41g (2.82%), Fiber: 0.73g (2.9%), Iron: 0.28mg (1.55%), Manganese: 0.03mg (1.43%), Copper: 0.03mg (1.26%), Calcium: 11.16mg (1.12%), Magnesium: 4.09mg (1.02%)