



## Hazelnut and Almond Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



90 kcal

DESSERT

### Ingredients

- 2.5 cups almonds chopped
- 8 egg whites
- 2.5 cups hazelnuts chopped
- 1.8 cups sugar white

### Equipment

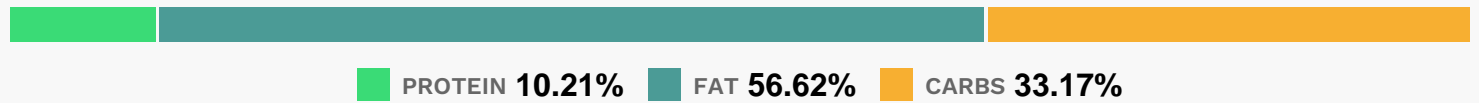
- bowl
- baking sheet
- sauce pan

- oven
- wire rack
- wooden spoon

## Directions

- Preheat oven to 325 degrees F (160 degrees C). Grease cookies sheets.
- In a large bowl, beat egg whites until frothy.
- Add sugar and beat until mixture is thick and white. Stir in chopped almonds and chopped hazelnuts.
- Pour mixture into saucepan over low heat, stirring with a wooden spoon until thick and beige, about 10 minutes. Drop dough by teaspoonfuls onto cookie sheets about 1 inch apart.
- Bake about 20 minutes, until cookies are dry to the touch.
- Let cool on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:1.58, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:3.7895652450945%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 90.44kcal (4.52%), Fat: 6.04g (9.29%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.73g (2.45%), Sugar: 6.33g (7.03%), Cholesterol: 0mg (0%), Sodium: 6.76mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Manganese: 0.45mg (22.28%), Vitamin E: 2.28mg (15.17%),

Copper: 0.15mg (7.43%), Magnesium: 24.68mg (6.17%), Vitamin B2: 0.09mg (5.43%), Fiber: 1.23g (4.92%),  
Phosphorus: 43.76mg (4.38%), Vitamin B1: 0.04mg (2.97%), Iron: 0.46mg (2.57%), Potassium: 84.31mg (2.41%),  
Calcium: 22.07mg (2.21%), Folate: 8.43µg (2.11%), Zinc: 0.31mg (2.07%), Vitamin B6: 0.04mg (1.83%), Selenium: 1.2µg  
(1.71%), Vitamin B3: 0.31mg (1.55%)