



Hazelnut-Mocha Macarons



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



16

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 cups confectioners' sugar
- ☐ 3 tablespoons dutch-processed cocoa powder
- ☐ 3 large egg whites at room temperature
- ☐ 0.8 cup hazelnuts peeled toasted
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon espresso powder instant
- ☐ 0.1 teaspoon salt fine

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ spatula

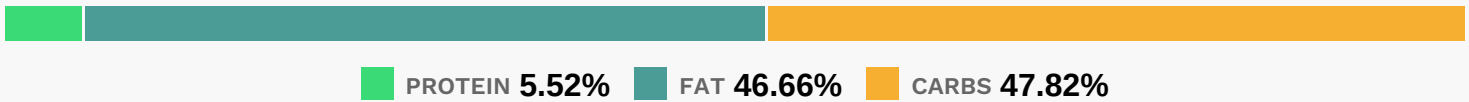
Directions

- ☐ Line 2 baking sheets with parchment paper.
- ☐ Grind 1 cup of the confectioners' sugar, the hazelnuts, and cocoa in a food processor until powdery, about 3 minutes. Sift mixture through a medium mesh strainer onto a piece of parchment paper, then discard any large pieces of nuts that didn't come through the strainer.
- ☐ With an electric mixer, beat the egg whites and salt until they hold firm but not dry peaks, about 2 minutes. Gradually add the remaining 1 cup confectioners' sugar, a tablespoon at a time, scraping down the sides of the bowl as needed; this can take up to 3 minutes. Beat for an extra 30 seconds until the peaks are firm and shiny but still not dry. Fold the nut mixture gently into the egg whites with a large rubber spatula.
- ☐ Transfer mixture into a large piping bag fitted with a 1/2-inch plain piping tip. Pipe 32 2-inch by about 1/3-inch thick rounds, evenly spaced, on each of the prepared pans. Set aside to air dry for 30 minutes before baking.
- ☐ Meanwhile make the filling: Put chocolate in a medium heatproof bowl. In a small saucepan, bring cream, with espresso powder mixed in, to a boil.
- ☐ Pour cream over chocolate and shake bowl gently so cream settles around the chocolate. Set mixture aside until the chocolate is soft, about 5 minutes.

- ☐
- Whisk gently until smooth, taking care not to incorporate too many air bubbles. Cool at room temperature until set up.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.0743478705054%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 166.46kcal (8.32%), Fat: 8.96g (13.79%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 19.2g (6.98%), Sugar: 17.79g (19.77%), Cholesterol: 8.83mg (2.94%), Sodium: 31.77mg (1.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.06mg (6.02%), Protein: 2.38g (4.77%), Manganese: 0.48mg (24.2%), Copper: 0.22mg (11.22%), Magnesium: 28.54mg (7.14%), Vitamin E: 0.95mg (6.37%), Fiber: 1.46g (5.84%), Iron: 0.88mg (4.88%), Phosphorus: 47.81mg (4.78%), Selenium: 2.45µg (3.51%), Potassium: 121.2mg (3.46%), Vitamin B2: 0.06mg (3.31%), Zinc: 0.41mg (2.75%), Vitamin B1: 0.04mg (2.73%), Vitamin A: 114IU (2.28%), Vitamin B6: 0.04mg (1.91%), Folate: 7.2µg (1.8%), Calcium: 17.95mg (1.8%), Vitamin K: 1.58µg (1.5%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.11mg (1.06%)