



Lemon Macaroons



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



38 min.

SERVINGS



30

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 2 cups almond flour
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 egg whites
- ☐ 1 lemon zest
- ☐ 2.5 cups powdered sugar
- ☐ 1 vanilla pod

Equipment

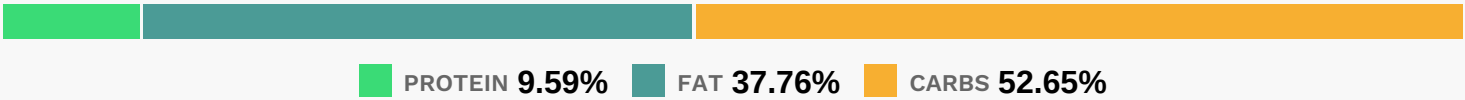
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ These cookies are light and fun to make. They can be a great fall or winter addition to some chocolate treats.
- ☐ Preheat the oven to 200 degrees F. In a medium bowl, sift together the powdered sugar and almond flour.
- ☐ In the bowl of a stand mixer fitted with the whisk attachment, beat the 5 egg whites for 1 minute to combine.
- ☐ Add the cream of tartar and continue beating the whites on high speed until soft peaks form, 3 to 5 minutes.
- ☐ Add the scraped vanilla bean seeds and continue beating until it is fully incorporated and the whites are glossy, 2 to 3 minutes.
- ☐ Remove the bowl from the mixer and use a rubber spatula to gently fold in the lemon zest and the powdered sugar mixture.
- ☐ Coat 1 or 2 large baking sheets with a layer of parchment paper. Spray the paper with a thin layer of nonstick spray. Put heaping teaspoonfuls of the batter about 2-inches apart on the tray(s). Take care to leave the space between each mound because this batter spreads as it bakes.
- ☐ Put the tray in the center of the oven and bake for 8 minutes, then raise the temperature to 375 degrees F and bake until the cookies are golden brown around the edges and form a nice shell-like exterior, about 10 to 12 minutes.
- ☐ Remove from the oven and allow them to cool for a few minutes before gingerly removing them from the tray with an offset spatula. Take care! They can stick to the paper.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.47739130048%

Nutrients (% of daily need)

Calories: 84.3kcal (4.22%), Fat: 3.73g (5.74%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 10.89g (3.96%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 8.54mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Fiber: 0.81g (3.25%), Iron: 0.3mg (1.64%), Calcium: 16.4mg (1.64%), Selenium: 1.06µg (1.52%), Vitamin B2: 0.02mg (1.41%)