



Lemony Almond Macaroons



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



30

CALORIES



81 kcal

DESSERT

Ingredients



1 tsp almond extract



1.5 cups slivered almonds skinless



1.5 cups coconut flakes shredded



2 large egg whites



0.8 cup granulated sugar



1 tbsp juice of lemon fresh



1 tsp lemon zest



1 stick mat bean

- ☐ 1 pinch salt
- ☐ 0.5 tsp vanilla

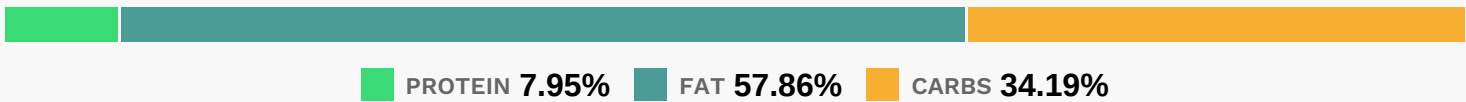
Equipment

- ☐ food processor
- ☐ baking paper

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Lemony Almond Macaroons
- ☐ Ingredients1 1/2 cups shredded coconut flakes1 1/2 cups blanched skinless almond slivers3/4 cup granulated sugar1 tbsp fresh lemon juice1 tsp lemon zest1 tsp almond extract1/2 tsp vanilla2 large egg whites
- ☐ Pinch of salt
- ☐ You will also need
- ☐ Food processor, parchment paper or nonstick silicone baking mat
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 35 Minutes
- ☐ Total Time: 50 Minutes
- ☐ Servings: 30–35 macaroons
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:3.54, Inflammation Score:-1, Nutrition Score:2.539565236996%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg 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: 80.57kcal (4.03%), Fat: 5.46g (8.4%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 5.88g (2.14%), Sugar: 5.59g (6.22%), Cholesterol: 0mg (0%), Sodium: 6.66mg (0.29%), Alcohol: 0.07g (100%), Alcohol %: 0.52% (100%), Protein: 1.69g (3.38%), Manganese: 0.24mg (12.05%), Vitamin E: 1.4mg (9.35%), Fiber: 1.38g (5.51%), Magnesium: 18.79mg (4.7%), Copper: 0.09mg (4.54%), Vitamin B2: 0.08mg (4.52%), Phosphorus: 35.2mg (3.52%), Selenium: 1.48µg (2.11%), Iron: 0.35mg (1.94%), Potassium: 67.64mg (1.93%), Zinc: 0.26mg (1.7%), Calcium: 16.05mg (1.6%), Vitamin B3: 0.23mg (1.13%), Vitamin B6: 0.02mg (1.03%)