



Linzer Macaroon Sandwiches



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



25

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1.7 cups blanched slivered almonds
- ☐ 2 large egg whites
- ☐ 25 servings powdered sugar
- ☐ 0.5 cup raspberry preserves
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons water

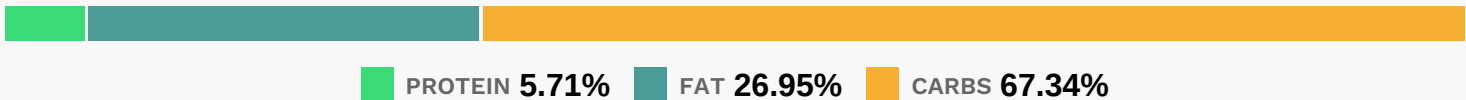
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 375°F. Line 2 large baking sheets with parchment paper. Finely grind 1 2/3 cups slivered almonds and 1 1/3 cups sugar in processor.
- ☐ Add egg whites and almond extract; process until well blended (dough will be sticky).
- ☐ Using slightly rounded teaspoonful for each cookie, roll dough between damp palms of hands into balls.
- ☐ Place on prepared baking sheets, spacing 1 inch apart. Flatten each ball slightly to 1 1/4-inch-diameter round. Gently press a few sliced almonds into each cookie.
- ☐ Bake cookies until light golden, about 18 minutes. Slide parchment with cookies onto racks; cool completely.
- ☐ Stir preserves and 2 tablespoons water in heavy small saucepan over medium-high heat until mixture boils. Reduce heat and simmer until mixture thickens slightly, about 4 minutes.
- ☐ Spoon 1/2 teaspoon raspberry preserves onto flat side of 1 cookie. Top with second cookie, flat side down. Press to adhere. Repeat with remaining cookies and preserves. (Can be prepared ahead. Store in airtight container at room temperature up to 1 week or freeze up to 1 month. Cookies may soften slightly.) Sift powdered sugar over cookies.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:9.99, Inflammation Score:-1, Nutrition Score:2.6147826269431%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 142.51kcal (7.13%), Fat: 4.44g (6.83%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 24g (8.73%), Sugar: 22.19g (24.66%), Cholesterol: 0mg (0%), Sodium: 8.28mg (0.36%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 2.11g (4.23%), Vitamin E: 2.03mg (13.55%), Manganese: 0.16mg (8.21%), Magnesium: 23.2mg (5.8%), Vitamin B2: 0.09mg (5.04%), Copper: 0.1mg (4.78%), Phosphorus: 42.23mg (4.22%), Fiber: 0.94g (3.76%), Calcium: 22.08mg (2.21%), Potassium: 66.59mg (1.9%), Iron: 0.33mg (1.82%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.3mg (1.51%), Selenium: 1.06µg (1.51%), Folate: 4.92µg (1.23%), Vitamin B1: 0.02mg (1.17%)