



Macadamia and Ginger Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



48 kcal

DESSERT

Ingredients

- ☐ 0.3 cup crystallized ginger
- ☐ 2 large egg whites
- ☐ 1 teaspoon honey
- ☐ 0.5 cup macadamia nuts
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 cup self-rising flour
- ☐ 0.8 cup sugar

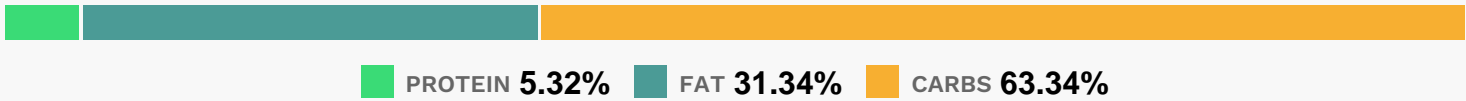
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 30
- ☐ Line 2 baking sheets with parchment paper; secure with masking tape.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour and nuts in a food processor; pulse 10 times or until mixture resembles coarse meal. Reserve 1 tablespoon flour mixture in food processor; set remaining flour mixture aside.
- ☐ Add ginger to food processor; pulse 8 times or until finely minced. Stir into remaining flour mixture; set aside.
- ☐ Place egg whites in a large bowl, and beat with a mixer at high speed 1 minute or until soft peaks form. Beating at high speed, gradually add the sugar and honey; beat 4 minutes or until thick and glossy. Gently fold in flour mixture and rind. Drop dough by level tablespoons 2 inches apart onto prepared baking sheets.
- ☐ Bake at 300 for 18 minutes or until set.
- ☐ Remove from baking sheets, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:0.74565216842229%

Nutrients (% of daily need)

Calories: 48.47kcal (2.42%), Fat: 1.75g (2.69%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.19g (6.88%), Cholesterol: 0mg (0%), Sodium: 4.04mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Manganese: 0.11mg (5.47%), Selenium: 1.38µg (1.97%), Vitamin B1: 0.03mg (1.9%), Copper: 0.02mg (1.08%)