



Macaron (French Macaroon)

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



130 min.

SERVINGS



16

CALORIES



103 kcal

DESSERT

Ingredients

- 1.7 cups confectioners' sugar
- 3 egg whites
- 1 cup ground almonds finely
- 0.3 cup sugar white

Equipment

- bowl
- baking sheet
- oven

- whisk
- stand mixer
- ziploc bags
- pastry bag

Directions

- Line a baking sheet with a silicone baking mat.
- Beat egg whites in the bowl of a stand mixer fitted with a whisk attachment until whites are foamy; beat in white sugar and continue beating until egg whites are glossy, fluffy, and hold soft peaks. Sift confectioners' sugar and ground almonds in a separate bowl and quickly fold the almond mixture into the egg whites, about 30 strokes.
- Spoon a small amount of batter into a plastic bag with a small corner cut off and pipe a test disk of batter, about 1 1/2 inches in diameter, onto prepared baking sheet. If the disk of batter holds a peak instead of flattening immediately, gently fold the batter a few more times and retest.
- When batter is mixed enough to flatten immediately into an even disk, spoon into a pastry bag fitted with a plain round tip. Pipe the batter onto the baking sheet in rounds, leaving space between the disks.
- Let the piped cookies stand out at room temperature until they form a hard skin on top, about 1 hour.
- Preheat oven to 285 degrees F (140 degrees C).
- Bake cookies until set but not browned, about 10 minutes; let cookies cool completely before filling.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:2.18, Inflammation Score:1, Nutrition Score:0.45260869444388%

Nutrients (% of daily need)

Calories: 103.13kcal (5.16%), Fat: 3.48g (5.36%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.37g (5.95%), Sugar: 15.63g (17.37%), Cholesterol: 0mg (0%), Sodium: 9.62mg (0.42%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Fiber: 0.74g (2.97%), Selenium: 1.22µg (1.74%), Vitamin B2: 0.03mg (1.63%), Iron: 0.28mg (1.55%), Calcium: 15.25mg (1.52%)