



Macarons

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



540 min.

SERVINGS



30

CALORIES



63 kcal

DESSERT

Ingredients

- 1.3 cups almond flour
- 1.7 cups confectioners' sugar
- 4 extra large egg whites
- 0.1 teaspoon salt
- 0.3 cup caster sugar (castor)

Equipment

- bowl
- baking sheet

- baking paper
- oven
- whisk
- mixing bowl
- hand mixer

Directions

- Place egg whites into a metal mixing bowl and refrigerate overnight. The next day, bring egg whites to room temperature.
- Preheat oven to 280 degrees F (138 degrees C). Line baking sheets with parchment paper.
- Whisk confectioners' sugar and almond flour in a bowl. Beat the egg whites with salt in metal bowl with an electric mixer on medium speed until foamy, about 1 minute; increase speed to high and gradually beat in superfine sugar, about 1 tablespoon at a time, until the egg whites are glossy and hold stiff peaks, 3 to 5 more minutes.
- Gently fold almond flour mixture into whipped egg whites until thoroughly incorporated; spoon meringue into a pastry big fitted with a 3/8-inch tip.
- Pipe 1-inch disks of meringue onto the prepared baking sheets, leaving 2 inches of space between cookies. The batter will spread. Lift the baking sheets a few inches above the work surface and hit them lightly on the work surface several times to remove any air bubbles from the cookies.
- Let the cookies stand at room temperature until the shiny surfaces become dull and a thin skin forms, about 15 minutes.
- Place the baking sheets in the preheated oven and bake with the oven door open slightly until the macarons' surfaces are completely dry, about 15 minutes.
- Let cookies cool completely on a baking sheet before peeling parchment paper from the cookies.
- Spread half the cookies with any desired filling, top with remaining cookies to make sandwiches, and refrigerate at least 2 hours to overnight to let the cookies soften.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:1.16, Inflammation Score:0, Nutrition Score:0.31869565185321%

Nutrients (% of daily need)

Calories: 62.55kcal (3.13%), Fat: 2.48g (3.81%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.87g (3.23%), Sugar: 8.39g (9.32%), Cholesterol: 0mg (0%), Sodium: 16.48mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Fiber: 0.53g (2.11%), Selenium: 0.85µg (1.21%), Vitamin B2: 0.02mg (1.13%), Iron: 0.2mg (1.09%), Calcium: 10.82mg (1.08%)