



## Macarons de San Francisco

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



181 kcal

DESSERT

### Ingredients

- 2 cups almond flour
- 9 egg whites
- 3.8 cups ground hazelnuts
- 1.8 cups sugar

### Equipment

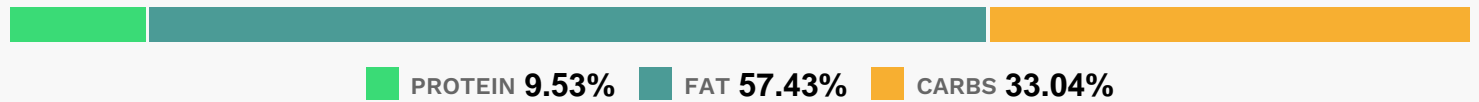
- bowl
- baking sheet
- baking paper

- oven
- hand mixer

## Directions

- Gather your ingredients. Preheat the oven to 375°F.
- Mix the hazelnut meal, almond meal, and 1 1/4 cups of sugar in a medium bowl.
- In a large bowl, beat the egg whites with an electric mixer until soft peaks begin to form.
- Add 2 1/2 tablespoons of the remaining sugar.
- Continue to beat, adding the remaining sugar, until stiff peaks form.
- Slowly fold the dry mixture into the egg whites until combined.
- Using a tablespoon, dollop the dough onto a baking sheet lined with parchment paper and bake for 16 to 18 minutes until lightly golden on the edges.

## Nutrition Facts



## Properties

Glycemic Index:2.34, Glycemic Load:8.14, Inflammation Score:-1, Nutrition Score:1.1147826237037%

## Nutrients (% of daily need)

Calories: 180.82kcal (9.04%), Fat: 12.16g (18.71%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 13.47g (4.9%), Sugar: 12.46g (13.85%), Cholesterol: 0mg (0%), Sodium: 15.06mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Fiber: 2.28g (9.1%), Iron: 1mg (5.56%), Calcium: 36.03mg (3.6%), Selenium: 1.87µg (2.67%), Vitamin B2: 0.04mg (2.45%)