



Macaroon Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 pound almond paste
- ☐ 1 cup butter softened
- ☐ 3 large eggs divided
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup slivered almonds
- ☐ 1 cup sugar divided
- ☐ 1 teaspoon vanilla extract

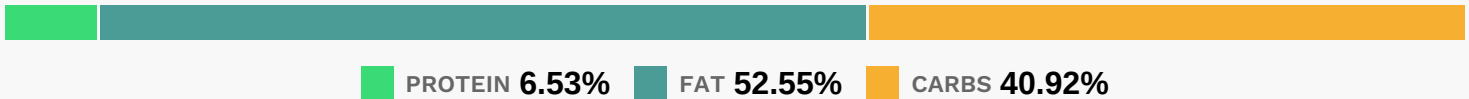
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy; gradually add 1/2 cup sugar, beating well.
- ☐ Add 1 egg and vanilla; beat well. Gradually add flour; beat well.
- ☐ Shape dough into 48 (1") balls; press balls into lightly greased miniature (1 3/4") muffin pans, pressing evenly into bottom and up sides. Set aside.
- ☐ Beat almond paste at medium speed until creamy; gradually add remaining 1/2 cup sugar, beating well.
- ☐ Add almond extract and remaining 2 eggs, beating well. Spoon mixture into prepared shells. Top each tartlet with 3 slivered almonds.
- ☐ Bake at 325 for 25 minutes or until golden. Cool in pans on wire racks 10 minutes; remove to wire racks, and cool completely.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:5.8, Inflammation Score:-2, Nutrition Score:2.9478260775137%

Flavonoids

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

Nutrients (% of daily need)

Calories: 123.53kcal (6.18%), Fat: 7.38g (11.35%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.19g (4.43%), Sugar: 7.67g (8.52%), Cholesterol: 21.79mg (7.26%), Sodium: 35.86mg (1.56%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 2.06g (4.12%), Vitamin E: 1.71mg (11.4%), Manganese: 0.14mg

(7.17%), Vitamin B2: 0.09mg (5.56%), Selenium: 3.24µg (4.63%), Folate: 18.54µg (4.63%), Phosphorus: 42.75mg (4.27%), Magnesium: 16.95mg (4.24%), Vitamin B1: 0.05mg (3.5%), Copper: 0.06mg (3.23%), Fiber: 0.73g (2.94%), Iron: 0.49mg (2.74%), Vitamin A: 135.07IU (2.7%), Vitamin B3: 0.49mg (2.44%), Calcium: 23mg (2.3%), Zinc: 0.26mg (1.71%), Potassium: 49.21mg (1.41%)