

Macaroons I

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

DESSERT

Ingredients

- 0.5 pound almond paste
- 2 tablespoons cake flour
- 0.3 cup powdered sugar
- 3 egg whites
- 0.1 teaspoon salt
- 1 cup granulated sugar white

Equipment

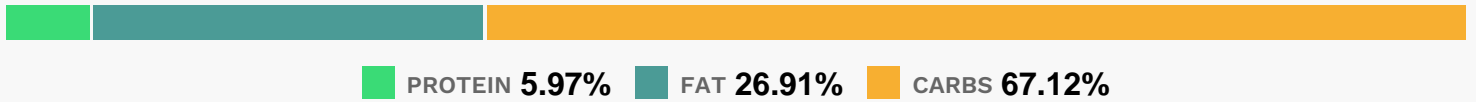
- food processor

- baking sheet
- baking paper
- oven
- mixing bowl
- aluminum foil

Directions

- Cover cookie sheets with parchment paper or aluminum foil.
- In large mixing bowl, soften almond paste with your hands or food processor.
- Mix in white sugar and egg whites until well blended.
- Mix in the confectioners' sugar, flour, and salt until smooth and well blended.
- Force dough through a cookie press or drop by teaspoonfuls onto cookie sheets. Cover and let stand for 30 minutes. Preheat the oven to 300 degrees F (150 degrees C).
- Bake for 25 minutes.
- Remove foil or parchment from sheets and let cool. Peel off macaroons.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:6.09, Inflammation Score:-1, Nutrition Score:1.5813043722478%

Nutrients (% of daily need)

Calories: 85.9kcal (4.3%), Fat: 2.66g (4.09%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.46g (5.26%), Sugar: 13.4g (14.88%), Cholesterol: 0mg (0%), Sodium: 19.32mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin E: 1.28mg (8.52%), Manganese: 0.09mg (4.32%), Vitamin B2: 0.06mg (3.4%), Magnesium: 12.84mg (3.21%), Phosphorus: 25.51mg (2.55%), Copper: 0.05mg (2.28%), Selenium: 1.44µg (2.06%), Fiber: 0.47g (1.87%), Folate: 7.24µg (1.81%), Calcium: 16.71mg (1.67%), Potassium: 36.57mg (1.04%)