



Matcha-Macaron Ice Cream Sandwiches



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



45

CALORIES



57 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 0.8 cup powdered sugar
- ☐ 4 large egg whites
- ☐ 0.8 cup granulated sugar
- ☐ 2.5 ounces almond flour
- ☐ 1 pint peach-flavored iced tea green
- ☐ 1.5 teaspoons matcha tea powder green instant (tea powder)
- ☐ 1 pint whipped cream

☐ 0.3 cup water

Equipment

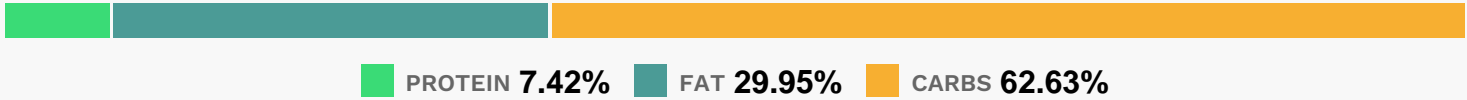
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wax paper
- ☐ spatula
- ☐ pastry bag
- ☐ candy thermometer

Directions

- ☐ Preheat the oven to 275 and position racks in the upper and lower thirds. Line 2 large baking sheets with parchment paper. In a food processor, combine the ground almonds with the matcha powder and confectioners' sugar and process until fine.
- ☐ Add 2 of the egg whites and the almond extract and process to a paste. Scrape the paste into a large bowl.
- ☐ In a small saucepan, combine the granulated sugar with the water and cook over moderately high heat until the syrup reaches 225 (soft ball stage) on a candy thermometer. Meanwhile, in the bowl of a standing electric mixer fitted with the whisk, beat the remaining 2 egg whites until soft peaks form. With the machine at medium-high speed, gradually drizzle in the hot sugar syrup and beat the meringue until it is stiff, glossy and just warm to the touch, about 4 minutes. Using a large rubber spatula, fold the meringue into the matcha-almond paste until no streaks remain.
- ☐ Spoon the meringue into a pastry bag fitted with a 3/4-inch round tip. Pipe about ten 2 1/2-inch rounds of the meringue onto each of the prepared baking sheets. Using a moistened fingertip, carefully smooth the tops.

- ☐ Let the macarons stand uncovered for 15 to 20 minutes; this will make the surfaces shiny and crisp.
- ☐ Bake the macarons for 30 minutes, until the tops and bottoms are dry and crisp; shift the baking sheets from top to bottom and front to back halfway through baking. Prop the oven door open several inches and let the macarons cool completely.
- ☐ Working in batches, scoop 10 scant 2-tablespoon mounds of each ice cream onto a sheet of wax paper. Using a spatula, lightly flatten the ice cream and sandwich a scoop each of vanilla and green tea ice cream between 2 macarons; press very lightly to close.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:3.8, Inflammation Score:-1, Nutrition Score:0.62652173435882%

Nutrients (% of daily need)

Calories: 57.34kcal (2.87%), Fat: 1.95g (3%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.94g (3.25%), Sugar: 8.6g (9.56%), Cholesterol: 4.63mg (1.54%), Sodium: 13.84mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Protein: 1.09g (2.18%), Vitamin B2: 0.04mg (2.3%), Calcium: 17.38mg (1.74%), Phosphorus: 11.59mg (1.16%), Selenium: 0.81µg (1.15%), Vitamin A: 50.93IU (1.02%)