



Mini pistachio & chocolate macaroons

 Gluten Free

READY IN



25 min.

SERVINGS



30

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 140 g pistachio
- ☐ 250 g icing sugar
- ☐ 2 egg whites
- ☐ 100 g cheese low-fat soft
- ☐ 25 g cocoa chocolate dark 70%

Equipment

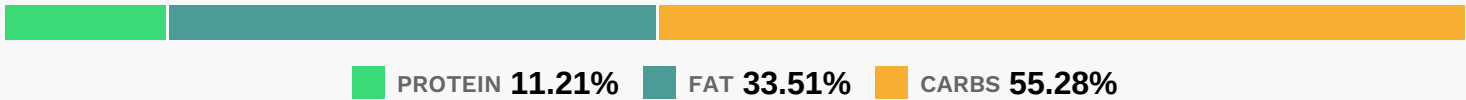
- ☐ food processor
- ☐ bowl

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the oven to 160C/fan 140/gas
- ☐ Whizz the pistachios and 25g of the icing sugar in a food processor until fine.
- ☐ Mix with 175g more icing sugar in a large bowl.
- ☐ Whisk the egg whites until stiff, add the remaining 50g icing sugar and whisk again until thick and glossy. Fold into the nut mix. Spoon into a piping bag with a 1cm nozzle and pipe out 10p-coin-size blobs of mixture, well spaced. Poke any pointy tops down with a wet finger. If you dont have a piping bag, just snip the end off a sandwich bag and use that instead.
- ☐ Leave to dry for 30 mins, then bake for 12- 15 mins until risen. Cool on the paper. Beat the cream cheese with the chocolate and use to sandwich the macaroons together. Will keep for 1 day filled, or up to 3 days unfilled, stored in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.37, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.5830434691971%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 70.43kcal (3.52%), Fat: 2.71g (4.17%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.49g (3.45%), Sugar: 8.74g (9.71%), Cholesterol: 0.73mg (0.24%), Sodium: 24.1mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Phosphorus: 41.87mg (4.19%), Vitamin B6: 0.08mg (4.06%), Copper: 0.08mg (3.86%), Manganese: 0.07mg (3.65%), Vitamin B1: 0.04mg (2.76%), Fiber: 0.57g (2.29%), Magnesium: 8.3mg (2.07%), Calcium: 19.57mg (1.96%), Selenium: 1.32µg (1.88%), Potassium: 59.42mg (1.7%), Iron: 0.3mg (1.68%), Vitamin B2: 0.03mg (1.52%), Zinc: 0.19mg (1.28%)