



Mississippi Praline Macaroons



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



1

CALORIES



1986 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites at room temperature
- ☐ 36 pecan halves
- ☐ 1 cup pecans coarsely chopped
- ☐ 1 pinch salt

Equipment

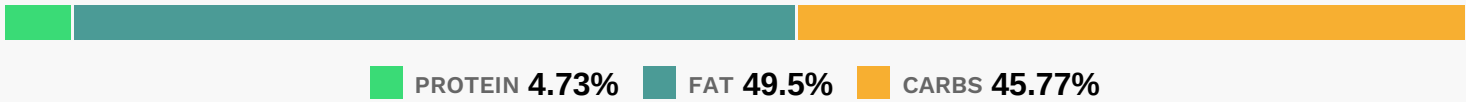
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Place chopped pecans in a single layer in a shallow pan.
- ☐ Bake at 350 for 7 minutes or until pecans are lightly toasted, stirring occasionally.
- ☐ Beat egg whites, cream of tartar, and salt at medium speed with a heavy-duty electric stand mixer until frothy; increase speed to high, and gradually add brown sugar, beating until stiff peaks form. Gently fold in toasted chopped pecans.
- ☐ Drop batter by heaping teaspoonfuls 1 inch apart onto lightly greased aluminum foil-lined baking sheets. Press 1 pecan half into each cookie, flattening slightly.
- ☐ Bake at 325 for 33 minutes or until pecan halves are toasted and cookies are lightly golden.
- ☐ Let cool on baking sheet 1 minute.
- ☐ Transfer to wire racks; let cool 20 minutes. (Cookies will crisp while cooling.) Store in airtight containers up to 1 week.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:32.129565036815%

Flavonoids

Cyanidin: 17.12mg, Cyanidin: 17.12mg, Cyanidin: 17.12mg, Cyanidin: 17.12mg Delphinidin: 11.6mg, Delphinidin: 11.6mg, Delphinidin: 11.6mg, Delphinidin: 11.6mg Catechin: 11.54mg, Catechin: 11.54mg, Catechin: 11.54mg, Catechin: 11.54mg Epigallocatechin: 8.97mg, Epigallocatechin: 8.97mg, Epigallocatechin: 8.97mg, Epigallocatechin: 8.97mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 3.67mg, Epigallocatechin 3-gallate: 3.67mg, Epigallocatechin 3-gallate: 3.67mg, Epigallocatechin 3-gallate: 3.67mg

Nutrients (% of daily need)

Calories: 1986.19kcal (99.31%), Fat: 114.92g (176.8%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 239.09g (79.7%), Net Carbohydrates: 223.79g (81.38%), Sugar: 220.37g (244.85%), Cholesterol: 0mg (0%), Sodium: 250.15mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Manganese: 7.33mg (366.27%), Copper: 2.04mg (101.92%), Vitamin B1: 1.06mg (70.38%), Fiber: 15.3g (61.22%), Magnesium: 222.59mg (55.65%), Zinc: 7.32mg (48.78%), Phosphorus: 463.88mg (46.39%), Selenium: 26.7µg (38.14%), Vitamin B2: 0.6mg (35.43%), Potassium: 1216.6mg (34.76%), Iron: 5.7mg (31.64%), Calcium: 300.56mg (30.06%), Vitamin B6: 0.43mg (21.47%), Vitamin B5: 1.84mg (18.37%), Vitamin E: 2.23mg (14.88%), Vitamin B3: 2.2mg (11.01%), Folate: 40.87µg (10.22%), Vitamin K: 5.58µg (5.31%), Vitamin C: 1.75mg (2.13%), Vitamin A: 89.26IU (1.79%), Vitamin B12: 0.08µg (1.35%)