

Pignoli Cookies II



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 0.5 pound almond paste
- ☐ 2 egg whites
- ☐ 0.3 cup pinenuts
- ☐ 1 cup sugar white

Equipment

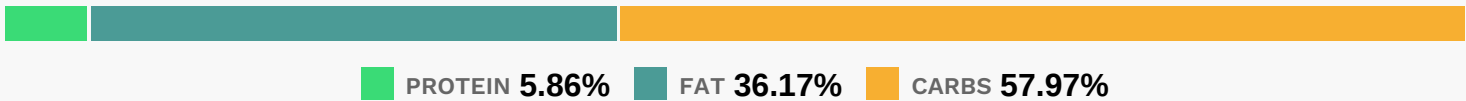
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Use a pastry chopper (or food processor) to break up the almond paste into a granulated form. Put in mixing bowl and gradually add the sugar.
- ☐ In another small bowl, beat the egg whites until stiff. Fold the egg whites into the sugar/almond paste mixture gently.
- ☐ On a greased and floured cookie sheet, drop a spoonful of the mixture. Press pine nuts into the top of the cookie (you want to cover the top with nuts).
- ☐ Bake at 325 degrees F (170 degrees C) for 10-12 minutes. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.0604347981836%

Nutrients (% of daily need)

Calories: 86.13kcal (4.31%), Fat: 3.61g (5.55%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.51g (4.55%), Sugar: 11.81g (13.12%), Cholesterol: 0mg (0%), Sodium: 5.11mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Manganese: 0.21mg (10.26%), Vitamin E: 1.41mg (9.38%), Magnesium: 16.09mg (4.02%), Phosphorus: 32.84mg (3.28%), Vitamin B2: 0.05mg (3.23%), Copper: 0.06mg (3.13%), Fiber: 0.51g (2.02%), Folate: 7.48µg (1.87%), Calcium: 16.74mg (1.67%), Zinc: 0.23mg (1.55%), Selenium: 0.96µg (1.37%), Iron: 0.24mg (1.31%), Potassium: 42.31mg (1.21%)