

Popcorn Macaroons



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



36

CALORIES



4 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 2 cups popped popcorn
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons granulated artificial sweetener

Equipment

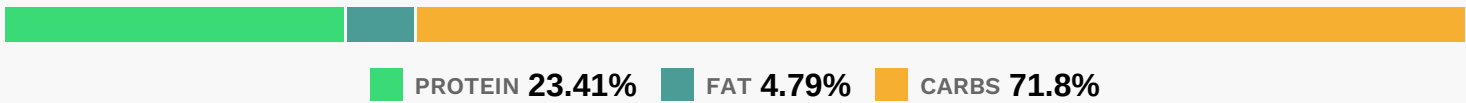
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets.
- ☐ Place popped popcorn into a food processor or blender; grind into small kernels.
- ☐ In a large bowl, whip egg whites until frothy.
- ☐ Add baking powder, salt and cream of tartar; continue whipping to stiff peaks. Gradually mix in the sugar substitute. Fold in the popcorn pieces. Drop by teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 12 to 15 minutes in the preheated oven, or until lightly browned. Allow cookies to cool on cookie sheets before removing.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.1830434779758%

Nutrients (% of daily need)

Calories: 3.75kcal (0.19%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 26.25mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%)