



Snickerdoodle Macarons

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



99 kcal

DESSERT

Ingredients

- 200 g powdered sugar
- 2 large egg whites
- 200 g blanched almonds and
- 1 teaspoon ground cinnamon
- 100 g sugar
- 165 g butter unsalted cut into 1-in pieces room temperature
- 1 teaspoon vanilla extract
- 50 g water

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- sieve
- blender
- plastic wrap
- stand mixer
- spatula
- pastry bag
- dough scraper

Directions

- For the macarons: Stack two baking trays on top of each other. Line with a silicone baking mat or parchment paper. Process almond meal with confectioners' sugar in a food processor. Sieve out any large bits of almond.
- Combine sugar and water in a saucepan.
- Heat on medium until all the sugar is dissolved. Meanwhile, place 75g of egg whites in a mixer bowl with the whisk attachment. Continue cooking until the sugar syrup reaches 118 C/245 F. While the sugar is cooking, begin whisking the egg whites. They should reach stiff peaks by the time the syrup is at 245 F. If it whips too fast, turn down or turn off the mixer. Turn the mixer speed to low. Carefully pour the sugar syrup in a slow stream into the mixer. Turn the mixer speed to high and let the meringue whip for several minutes until it has cooled and appears glossy and firm. In a large bowl, combine the almond meal mixture with the remaining 75g of egg whites until partially combined. Scoop the meringue on top of the almond meal

mixture. Using a spatula or dough scraper, carefully fold the meringue in, trying not to deflate it. The final batter should be thick and flow slowly like magma. Do not overmix. Scoop the batter into a piping bag fitted with a ½" diameter plain tip. Pipe 1 ½" rounds of batter onto the prepared baking sheets.

- Let the sheets sit for about 20 minutes to let the shells harden. Meanwhile, preheat the oven to 160 C/320 F.
- Bake one set of macarons for 15 minutes, rotating once.
- Let tray cool for a few minutes before removing from the silicone mat.
- Combine the sugar and egg whites in a medium heatproof bowl and place over a pan of simmering water.
- Whisk the sugar mixture constantly over heat until the sugar is dissolved and the mixture looks smooth and shiny, about 3 minutes.
- Remove mixture from heat and pour into a stand mixer bowl.
- Whisk on medium speed for about 5 minutes until the mixture has cooled. Switch to the paddle attachment and with the speed on low, add the butter a few pieces at a time, beating until smooth. When all the butter has been added, beat the buttercream on medium-high speed for about 6-10 minutes until it is very thick and smooth.
- Add in the vanilla extract and ground cinnamon, and beat to combine. The buttercream is ready to be used.
- Place a piece of plastic wrap against the surface until you are ready to use it to prevent it from drying out. To Assemble: Fill a pastry bag fitted with a round tip with the buttercream.
- Place macarons on a sheet pan with their flat bottoms facing up. Pipe about 1 teaspoon buttercream in the center of half the macarons.
- Place the remaining macarons on top, pressing down slightly to spread the filling to the edges.

Nutrition Facts

  
 **PROTEIN 5.54%**  **FAT 57.95%**  **CARBS 36.51%**

Properties

Glycemic Index:2.09, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:1.8330434858799%

Nutrients (% of daily need)

Calories: 99.36kcal (4.97%), Fat: 6.65g (10.23%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.84g (3.22%), Sugar: 8.49g (9.44%), Cholesterol: 9.85mg (3.28%), Sodium: 4.83mg (0.21%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 1.43g (2.86%), Vitamin E: 1.43mg (9.51%), Manganese: 0.11mg (5.63%), Magnesium: 15.24mg (3.81%), Vitamin B2: 0.05mg (2.99%), Copper: 0.06mg (2.96%), Phosphorus: 28.14mg (2.81%), Fiber: 0.58g (2.32%), Vitamin A: 115.09IU (2.3%), Calcium: 15.03mg (1.5%), Potassium: 41.27mg (1.18%), Zinc: 0.17mg (1.15%), Iron: 0.19mg (1.08%)