



Ugly But Good Cookies: Brutti ma Buoni



Vegetarian



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



6

CALORIES



855 kcal

DESSERT

Ingredients

- ☐ 1 pound almonds lightly toasted sliced
- ☐ 6 servings butter and sugar for greasing the cookie sheet
- ☐ 7 large egg whites
- ☐ 2.5 cups granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon vanilla extract

Equipment

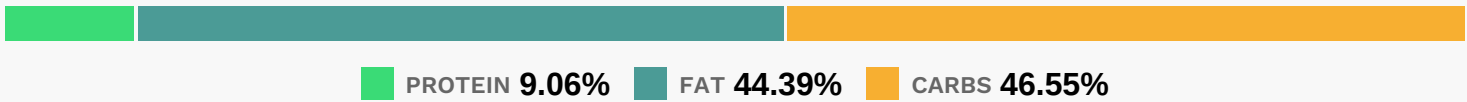
- ☐ oven

- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ In a medium-sized mixing bowl or the bowl of electric stand mixture fitted with a whisk attachment, begin whisking the eggs to eventually form glossy, medium-hard peaks. Once the egg whites are foamy, begin slowly adding the sugar to the mixture, then the vanilla and cinnamon. When the eggs form glossy, medium-hard peaks, use a spatula to gently fold in the almonds.
- ☐ Using a tablespoon, gently dollop the cookie mixture onto the prepared baking pan, leaving a 1-inch space around the individual cookies on all sides.
- ☐ Place in the oven and bake for 30 minutes.
- ☐ Remove the cookies from the oven and turn the oven to 250 degrees F. When the oven comes to temperature, place the cookies back in the oven and bake for another 10 minutes.
- ☐ Remove from the oven and let cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:58.87, Inflammation Score:-7, Nutrition Score:23.797825922866%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 855.16kcal (42.76%), Fat: 44.04g (67.75%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 103.92g (34.64%), Net Carbohydrates: 94.38g (34.32%), Sugar: 90.91g (101.01%), Cholesterol: 9.88mg (3.29%), Sodium: 95.61mg (4.16%), Alcohol: 0.75g (100%), Alcohol %: 0.44% (100%), Protein: 20.23g (40.46%), Vitamin E: 19.36mg (129.05%), Manganese: 1.77mg (88.45%), Vitamin B2: 1.05mg (61.69%), Magnesium: 208.71mg (52.18%), Copper: 0.8mg (39.77%), Fiber: 9.54g (38.15%), Phosphorus: 369.64mg (36.96%), Calcium: 208.8mg (20.88%), Potassium: 622.49mg (17.79%), Selenium: 11.3µg (16.15%), Iron: 2.89mg (16.08%), Zinc: 2.38mg (15.89%), Vitamin B3: 2.79mg (13.94%), Vitamin B1: 0.16mg (10.45%), Folate: 34.81µg (8.7%), Vitamin B6: 0.11mg (5.32%), Vitamin B5: 0.43mg (4.29%)