



Zimtsterne (Cinnamon stars)



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large egg whites
- ☐ 1 tsp lemon zest
- ☐ 200 g icing sugar for dusting
- ☐ 250 g ground almond
- ☐ 2 tsp ground cinnamon
- ☐ 1 tsp ground ginger

Equipment

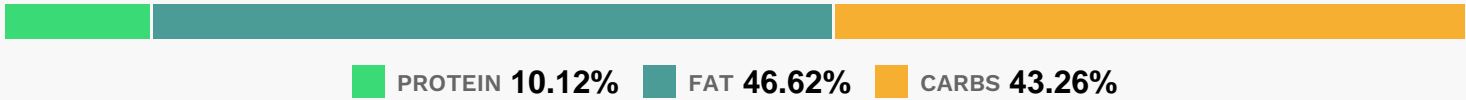
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Heat oven to 150C/130C fan/gas 2 and line a large baking tray (or 2 smaller) with baking parchment.
- ☐ Place the egg whites in a large bowl and use an electric mixer to whisk until foamy.
- ☐ Add the lemon juice and whisk again until they hold soft peaks.
- ☐ Slowly mix in the icing sugar and continue whisking until the mixture is stiff.
- ☐ Remove about a quarter of the meringue mixture and set aside to use for the topping.
- ☐ Put the almonds, cinnamon, ginger and lemon zest in the bowl with the meringue and mix to form a stiff, slightly sticky dough.
- ☐ To form the stars, put the dough on a piece of baking parchment lightly dusted with icing sugar and dust the top of the dough with sugar, too.
- ☐ Place a second sheet of parchment on top of the dough and roll out to about 0.5cm thick (the dough is a little sticky, so the parchment makes it easier to roll). Peel off the top sheet of parchment and use a 5cm star-shaped cutter to cut out as many cookies as possible.
- ☐ Place them on your prepared baking tray.
- ☐ Using the reserved meringue mixture, spread a small amount onto the top of each cookie, covering the entire top you may need to add a few drops of water to make the meringue a little easier to spread.
- ☐ Put the tray in the oven and bake for 12–15 mins until meringue is set but not browned. Allow to cool fully before storing in a sealed container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:0.17, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.54869565213828%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 74.83kcal (3.74%), Fat: 4.13g (6.36%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.65g (2.78%), Sugar: 6.84g (7.6%), Cholesterol: 0mg (0%), Sodium: 3.82mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Fiber: 0.98g (3.94%), Manganese: 0.05mg (2.54%), Calcium: 19.54mg (1.95%), Iron: 0.35mg (1.93%)