

# Keto, Paleo Raspberry Macaron

Yield: 16 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pistachio-macaron-recipe-with-italian-meringue>

## Ingredients:

- shell Macaron
- 1 beet large, for natural red coloring
- 2 large egg whites 2 days old preferably
- 1/2 ounce erythritol granulated
- 3 ounces almonds blanched & ground
- 5 ounces erythritol powdered
- macaron Filling
- 2 1/2 ounces butter preferably grass-fed or Kerrygold
- 1 ounce raspberry jam
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon stevia extract
- 1 1/4 ounces pistachios ground & unsalted

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 35 milligrams
9. Sugar: 2 grams

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