



Almond Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds cooled crushed lightly toasted sliced
- ☐ 3 large egg whites
- ☐ 0.8 cup superfine granulated sugar

Equipment

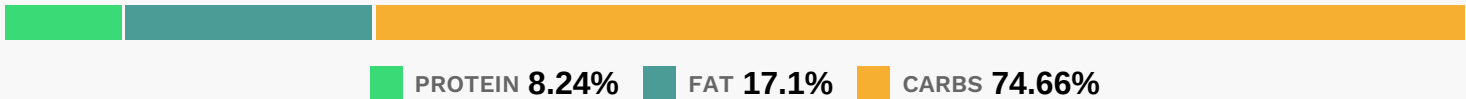
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat oven to 225°F.
- ☐ Beat whites with a pinch of salt in a bowl with an electric mixer at high speed until they hold soft peaks.
- ☐ Add 1/2 cup superfine sugar a little at a time, beating, then continue to beat at high speed until whites hold stiff, glossy peaks, 1 to 3 minutes. Fold in remaining 1/4 cup sugar gently but thoroughly.
- ☐ Line 2 baking sheets with parchment paper. Put a small dab of meringue on all 4 corners of each sheet, then turn paper over, pressing on corners to adhere parchment to baking sheets.
- ☐ Spoon meringue into pastry bag. You will be making 4 lattice cookies on each sheet, so work in 1 quadrant for each: Pipe 4 (4-inch-long) diagonal lines, about 5/8 inch apart, then pipe 4 (4-inch-long) parallel lines diagonally across original 4 lines, 5/8 inch apart, to form a lattice. Make 3 more lattice meringues on same baking sheet, about 1 inch apart.
- ☐ Sprinkle half of almonds over meringues. Pipe 4 more lattice meringues on second baking sheet in same manner, then sprinkle with remaining almonds.
- ☐ Bake meringues in upper and lower thirds of oven, switching position of sheets halfway through baking, until crisp and pale golden, about 1 hour total.
- ☐ Cool meringues completely on sheets on racks, about 1 hour, then carefully peel from parchment.
- ☐ • Meringues can be made 3 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:13.12, Inflammation Score:-1, Nutrition Score:1.6091304265934%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg,

Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:
0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg,
Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin:
0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.82kcal (5.04%), Fat: 1.99g (3.07%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 19.59g (6.53%), Net
Carbohydrates: 19.11g (6.95%), Sugar: 18.97g (21.07%), Cholesterol: 0mg (0%), Sodium: 20.77mg (0.9%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin E: 0.98mg (6.54%), Vitamin B2: 0.1mg (5.98%),
Manganese: 0.09mg (4.49%), Selenium: 2.74µg (3.92%), Magnesium: 11.71mg (2.93%), Copper: 0.04mg (2.18%),
Phosphorus: 20.29mg (2.03%), Fiber: 0.48g (1.92%), Potassium: 48.64mg (1.39%), Calcium: 11.37mg (1.14%)