



Basic Meringue Mixture



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup caster sugar
- ☐ 1.3 teaspoons vanilla extract

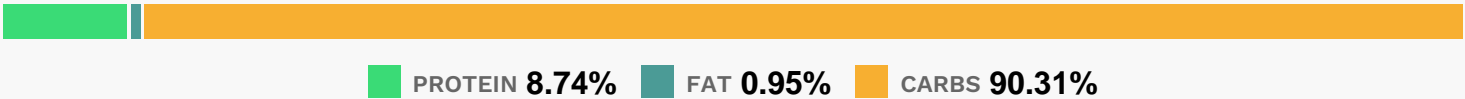
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 4 ingredients at high speed with an electric mixer until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves.
- ☐ Pipe or spread mixture into desired shapes, and bake as directed in recipe.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:0, Nutrition Score:0.39869564633978%

Nutrients (% of daily need)

Calories: 56.02kcal (2.8%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 12.67g (4.61%), Sugar: 12.63g (14.04%), Cholesterol: 0mg (0%), Sodium: 55.24mg (2.4%), Alcohol: 0.22g (100%), Alcohol %: 1.11% (100%), Protein: 1.23g (2.45%), Selenium: 2.33µg (3.32%), Vitamin B2: 0.05mg (3.08%)