



Bittersweet Chocolate Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



58 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bittersweet chocolate finely chopped
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

Equipment

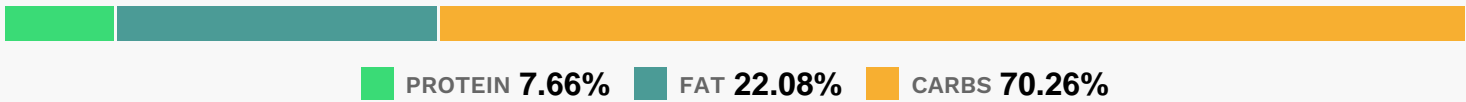
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 22
- ☐ Line 2 baking sheets with parchment paper; set aside.
- ☐ Place first 3 ingredients in a large bowl, and beat with a mixer at high speed until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form. Beat for 1 minute at high speed or until mixture is shiny. Gently fold in chocolate.
- ☐ Spoon mixture into a large zip-top plastic bag. Snip a 1/4-inch hole in 1 bottom corner of bag. Pipe 24 (4-inch-long) zigzag shapes onto each prepared pan.
- ☐ Bake at 225 for 30 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 30 minutes or until dry to the touch. Cool on pans 30 minutes on wire racks. Carefully remove meringues from paper; cool completely on wire racks.
- ☐ Note: Store meringues in an airtight container at room temperature for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:0.82521739213363%

Nutrients (% of daily need)

Calories: 57.56kcal (2.88%), Fat: 1.44g (2.21%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 10g (3.64%), Sugar: 9.71g (10.79%), Cholesterol: 0.22mg (0.07%), Sodium: 38.38mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.14mg (1.05%), Protein: 1.12g (2.24%), Selenium: 2.01µg (2.87%), Manganese: 0.05mg (2.48%), Copper: 0.05mg (2.4%), Vitamin B2: 0.04mg (2.33%), Magnesium: 7.33mg (1.83%), Iron: 0.24mg (1.35%), Fiber: 0.29g (1.17%), Potassium: 39.45mg (1.13%), Phosphorus: 10.72mg (1.07%)