



Cardamom meringue nests



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



125 min.

SERVINGS



10

CALORIES



146 kcal

SIDE DISH

Ingredients



6 egg whites



350 g sugar



2 tsp ground cardamom



1 tsp cocoa powder

Equipment



bowl



baking sheet



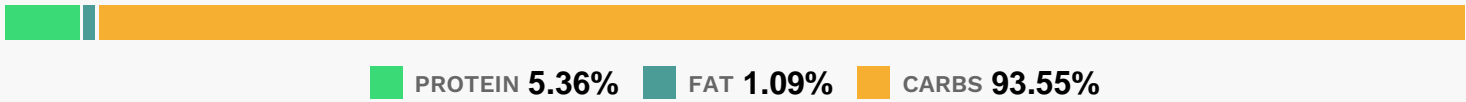
oven

- ☐ whisk
- ☐ sieve

Directions

- ☐ Heat oven to 150C/130C fan/gas 2 and line 2 baking trays with baking parchment. Put egg whites in a clean bowl and beat with an electric whisk until they resemble stiff peaks. While whisking, add the sugar, 1 tbsp at a time meringue will thicken and become glossy. Fold in cardamom.
- ☐ Using a metal spoon, dollop small spoonfuls of meringue, evenly spaced, onto the baking sheets, to make around 48 mini meringues. With the back of the spoon, lightly flatten and hollow out the centres. Sieve a dusting of cocoa over them and bake for 1 hr until crisp. Turn off the oven and leave meringues in the oven to cool. Pile high on a plate and serve with flavoured creams (see tips below).

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:24.44, Inflammation Score:1, Nutrition Score:0.97565217640089%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.58kcal (7.28%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 35.17g (12.79%), Sugar: 35.06g (38.96%), Cholesterol: 0mg (0%), Sodium: 30.32mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Manganese: 0.12mg (5.96%), Selenium: 3.82µg (5.46%), Vitamin B2: 0.09mg (5.1%), Potassium: 36.04mg (1.03%)