



Cardamom Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



40

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 egg whites



0.8 teaspoon ground cardamom



1 cup sugar white

Equipment



baking sheet



baking paper



oven



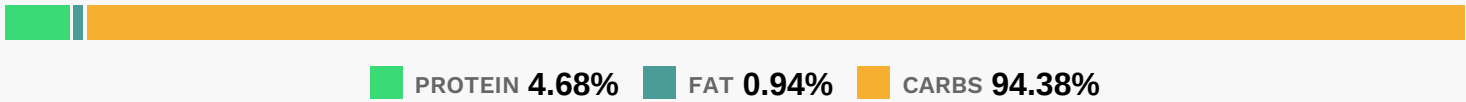
mixing bowl

☐ aluminum foil

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C). Line cookie sheets with foil or parchment paper.
- ☐ In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Quickly beat in the cardamom. Drop by rounded spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 60 to 90 minutes in the preheated oven, until cookies are completely dried out.
- ☐ Let cool before peeling off of the sheets. Store in an airtight container for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:3.49, Inflammation Score:0, Nutrition Score:0.10695652113013%

Nutrients (% of daily need)

Calories: 20.54kcal (1.03%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 5.01g (1.82%), Sugar: 5.01g (5.56%), Cholesterol: 0mg (0%), Sodium: 3.79mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%)