



Chocolate-Almond Meringue Cookies

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



32 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 teaspoon cornstarch
- 0.1 teaspoon cream of tartar
- 2 large egg whites at room temperature ()
- 0.5 teaspoon ground cinnamon
- 0.8 cup powdered sugar sifted
- 1 ounce bittersweet chocolate grated
- 0.3 cup slivered almonds

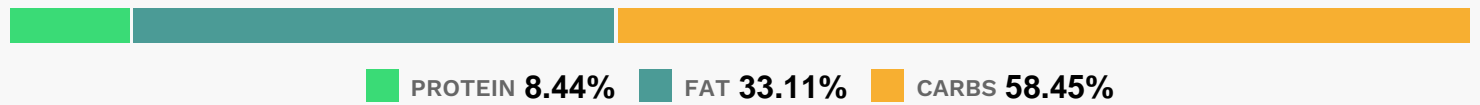
Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender

Directions

- Preheat oven to 30
- Combine first 4 ingredients in a bowl; set aside.
- Beat egg whites and cream of tartar at high speed of a mixer until foamy. Gradually add sugar, beating until stiff peaks form.
- Add almond extract, and beat until blended. Gently fold in almond mixture.
- Drop egg white mixture by level tablespoons 2 inches apart onto a baking sheet coated with cooking spray.
- Bake egg white mixture at 300 for 45 minutes.
- Remove cookies from pan; let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.76652174062379%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 31.96kcal (1.6%), Fat: 1.21g (1.86%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.49g (1.63%), Sugar: 4.19g (4.66%), Cholesterol: 0.07mg (0.02%), Sodium: 4.79mg (0.21%), Alcohol: 0.01g (100%), Alcohol %: 0.19% (100%), Protein: 0.69g (1.38%), Manganese: 0.06mg (2.89%), Vitamin E: 0.39mg (2.61%), Vitamin B2: 0.03mg (1.8%), Magnesium: 6.46mg (1.62%), Copper: 0.03mg (1.57%), Fiber: 0.3g (1.22%), Phosphorus: 10.73mg (1.07%), Selenium: 0.74µg (1.05%)