



Chocolate-Cherry Chunk Meringues



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



35

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup cherries dried chopped
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup powdered sugar
- ☐ 3 ounces baker's chocolate unsweetened chopped

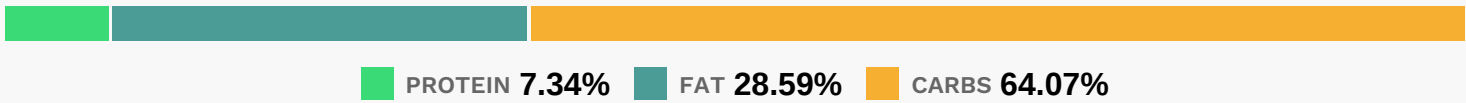
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Preheat oven to 20
- ☐ Cover a large baking sheet with parchment paper. Draw a 14 x 10-inch rectangle on paper. Turn paper over; secure with masking tape.
- ☐ Place egg whites and cream of tartar in a large bowl, and beat with a mixer at medium speed until soft peaks form. Increase speed to high, and gradually add granulated sugar and then powdered sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add extract; beat just until blended. Fold in cherries and chocolate.
- ☐ Spread batter onto drawn rectangle using the back of a spoon. Score rectangle into 2-inch squares using the tip of a sharp knife.
- ☐ Bake at 200 for 2 hours. Turn oven off, and cool meringue in closed oven 1 1/2 hours or until dry. Carefully remove meringue from paper. Break into (2-inch) squares.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:1.0308695663091%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 36.76kcal (1.84%), Fat: 1.29g (1.99%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.06g (2.2%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 6.95mg (0.3%), Alcohol: 0.04g (100%), Alcohol %: 0.36% (100%), Protein: 0.75g (1.49%), Manganese: 0.1mg (5.18%), Copper: 0.08mg (4.06%), Iron: 0.44mg (2.43%), Magnesium: 8.59mg (2.15%), Fiber: 0.44g (1.78%), Zinc: 0.24mg (1.58%), Selenium: 0.98µg (1.41%), Vitamin B2: 0.02mg (1.22%), Phosphorus: 10.71mg (1.07%)