



Chocolate Chip Meringue



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



61 kcal

SIDE DISH

Ingredients

- 3 egg whites
- 1 pinch salt
- 2 cups semi chocolate chips
- 0.5 teaspoon vanilla extract
- 0.5 teaspoon distilled vinegar white
- 1 cup sugar white

Equipment

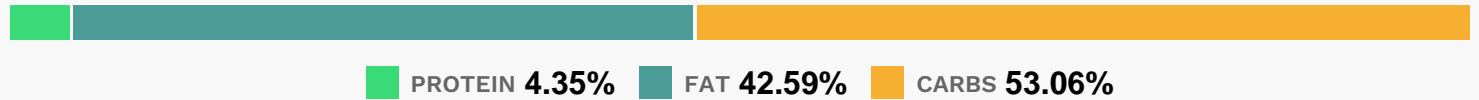
- bowl

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease baking sheets or line them with parchment paper.
- In a medium bowl, whip egg whites to soft peaks. Gradually add the sugar, vinegar and vanilla while whipping to stiff peaks. Fold in chocolate chips. Drop by spoonfuls onto the prepared cookie sheets.
- Bake for 20 to 25 minutes in the preheated oven, until cookies are dry.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.1943478112959%

Nutrients (% of daily need)

Calories: 60.57kcal (3.03%), Fat: 2.89g (4.45%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.5g (2.73%), Sugar: 6.93g (7.7%), Cholesterol: 0.45mg (0.15%), Sodium: 4.72mg (0.21%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.45mg (2.15%), Protein: 0.66g (1.33%), Manganese: 0.1mg (4.99%), Copper: 0.09mg (4.72%), Magnesium: 13.41mg (3.35%), Iron: 0.48mg (2.65%), Fiber: 0.6g (2.4%), Phosphorus: 19.79mg (1.98%), Selenium: 1.03µg (1.47%), Zinc: 0.2mg (1.33%), Potassium: 45.73mg (1.31%)