



## Chocolate-Chip Meringue Cookies

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**48**

CALORIES



**23 kcal**

DESSERT

### Ingredients

- 0.3 teaspoon cream of tartar
- 3 large egg whites
- 0.3 teaspoon salt
- 3 tablespoons semisweet chocolate minichips
- 1 cup sugar
- 3 tablespoons cocoa unsweetened

### Equipment

- frying pan

- baking sheet
- baking paper
- oven
- wire rack
- blender

## Directions

- Preheat oven to 30
- Beat egg whites, cream of tartar, and salt at high speed of a mixer until soft peaks form.
- Add sugar, 1 tablespoon at a time, beating until stiff peaks form. Sift cocoa over egg white mixture; fold in. Fold in minichips.
- Cover a baking sheet with parchment paper; secure to baking sheet with masking tape. Drop batter by level tablespoonfuls onto prepared baking sheet.
- Bake at 300 for 40 minutes or until crisp. Cool on pan on a wire rack. Repeat procedure with remaining batter, reusing parchment paper. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:1.46, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:0.34521739290136%

## Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 23.22kcal (1.16%), Fat: 0.41g (0.64%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.65g (1.69%), Sugar: 4.52g (5.02%), Cholesterol: 0.06mg (0.02%), Sodium: 15.74mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Manganese: 0.02mg (1.23%), Copper: 0.02mg (1.21%)