



Chocolate Chip Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



42

CALORIES



37 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 0.3 teaspoon cream of tartar
- 2 large egg whites
- 6 oz semi chocolate chips miniature finely chopped
- 0.7 cup sugar

Equipment

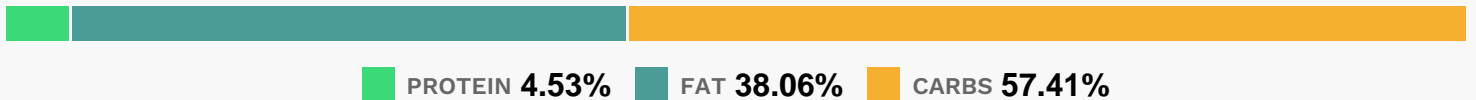
- bowl
- frying pan

- baking sheet
- oven
- whisk
- hand mixer
- spatula

Directions

- In a large bowl, with an electric mixer (fitted with whisk attachment) on high speed, beat egg whites and cream of tartar until thick and foamy. Gradually add sugar and continue to beat until mixture holds stiff, shiny peaks. With a spatula, fold in almond extract and chopped chocolate.
- Spoon meringue mixture in 1-inch-wide mounds, about 1 inch apart, onto cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes).
- Bake meringues in a 275 oven until dry and firm to touch on the outside and almost dry inside (break one open to test), 30 to 35 minutes; switch pan positions halfway through baking.
- Let cool for 5 minutes on sheets, then slide a spatula underneath meringues and transfer to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:2.22, Inflammation Score:-1, Nutrition Score:0.66869565731157%

Nutrients (% of daily need)

Calories: 36.6kcal (1.83%), Fat: 1.56g (2.41%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.67g (5.19%), Cholesterol: 0.24mg (0.08%), Sodium: 3.06mg (0.13%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.48mg (1.16%), Protein: 0.42g (0.84%), Manganese: 0.05mg (2.7%), Copper: 0.05mg (2.56%), Magnesium: 7.3mg (1.83%), Iron: 0.26mg (1.44%), Fiber: 0.32g (1.3%), Phosphorus: 10.77mg (1.08%)