



Chocolate Chip Meringues with Ice Cream, Peppermint Candies and Chocolate-Mint Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



681 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup egg whites (from 4 large eggs)
- ☐ 1.5 pints ice-cream chocolate shell
- ☐ 0.5 cup peppermint candies hard chopped
- ☐ 0.8 teaspoon peppermint extract
- ☐ 0.7 cup powdered sugar
- ☐ 0.1 teaspoon salt

- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 2 tablespoons sugar
- ☐ 6 servings butter unsalted melted
- ☐ 0.3 cup water
- ☐ 0.3 cup whipping cream

Equipment

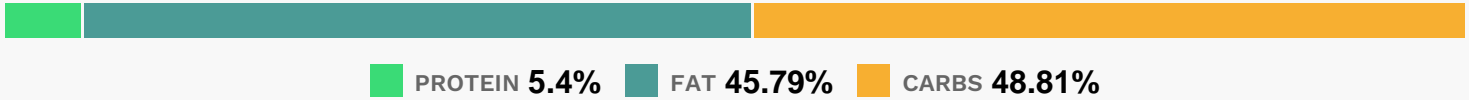
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 225°. Line 2 heavy large baking sheets with parchment paper. Using small bowl or can as guide, trace three 4-inch-diameter circles on parchment on each baking sheet; turn parchment over (circles will show through).
- ☐ Brush parchment with melted butter.
- ☐ Whisk powdered sugar and 2 tablespoons sugar in small bowl to blend. Using electric mixer, beat egg whites and salt in large bowl until foamy and beginning to hold soft peaks. Slowly beat in 1/2 cup sugar; continue beating until whites are stiff and shiny. Fold in powdered sugar mixture, then chocolate. Spoon meringue by generous 1/2 cupfuls into center of each circle. Using back of spoon, spread meringue to edge of circle and indent center to form shallow bowl.
- ☐ Bake meringues until crisp, about 1 hour 30 minutes.
- ☐ Place baking sheets on racks; cool completely. (Meringues can be prepared 4 days ahead. Store airtight at room temperature.)
- ☐ Bring cream, water and sugar to boil in medium saucepan over medium heat, stirring to dissolve sugar. Reduce heat to low; add chocolate.

- ☐ Whisk until melted.
- ☐ Remove from heat; stir in extract. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm sauce over low heat before using.)
- ☐ Place 1 meringue in center of each plate. Top with scoops of ice cream.
- ☐ Drizzle with chocolate sauce.
- ☐ Sprinkle with chopped candies.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:28.14, Inflammation Score:-6, Nutrition Score:12.766521728557%

Nutrients (% of daily need)

Calories: 680.55kcal (34.03%), Fat: 35.18g (54.12%), Saturated Fat: 21.22g (132.63%), Carbohydrates: 84.36g (28.12%), Net Carbohydrates: 79.92g (29.06%), Sugar: 71.03g (78.92%), Cholesterol: 64.44mg (21.48%), Sodium: 179.82mg (7.82%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 36.06mg (12.02%), Protein: 9.34g (18.68%), Manganese: 0.67mg (33.55%), Copper: 0.64mg (32.06%), Magnesium: 104.01mg (26%), Phosphorus: 234.87mg (23.49%), Vitamin B2: 0.36mg (21.24%), Iron: 3.53mg (19.6%), Fiber: 4.44g (17.77%), Calcium: 162.09mg (16.21%), Potassium: 553.6mg (15.82%), Vitamin A: 781.73IU (15.63%), Selenium: 10.63µg (15.19%), Zinc: 1.73mg (11.5%), Vitamin B5: 0.84mg (8.38%), Vitamin B12: 0.45µg (7.56%), Vitamin E: 0.79mg (5.23%), Folate: 20.28µg (5.07%), Vitamin B1: 0.06mg (4.33%), Vitamin B6: 0.08mg (4.13%), Vitamin K: 3.74µg (3.57%), Vitamin D: 0.47µg (3.14%), Vitamin B3: 0.62mg (3.08%), Vitamin C: 0.89mg (1.08%)