



Chocolate Cosmic Meringues

 Gluten Free  Dairy Free

READY IN



81 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

Ingredients

- 6 servings chocolate sauce
- 0.3 teaspoon cream of tartar
- 4 egg whites
- 1 cup macadamia nuts divided chopped
- 1 cup sugar

Equipment

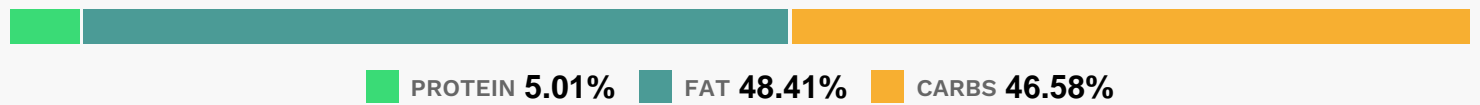
- baking sheet
- baking paper

- oven
- hand mixer

Directions

- Beat egg whites and cream of tartar at high speed with an electric mixer until foamy. Gradually add sugar, beating until stiff peaks form. Fold in 3/4 cup nuts.
- Drop egg white mixture into 6 mounds on a large baking sheet lined with parchment paper. Make an indentation, using the back of a spoon, into the center of each meringue to form a 5-inch nest.
- Bake at 225 for 1 hour. Turn oven off, and let stand in closed oven 8 hours.
- Spoon Pineapple Filling evenly into center of each nest.
- Drizzle with Chocolate Sauce.
- Sprinkle with remaining 1/4 cup nuts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:23.39, Inflammation Score:-1, Nutrition Score:5.7447826442835%

Nutrients (% of daily need)

Calories: 302.91kcal (15.15%), Fat: 17.15g (26.39%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 35.19g (12.8%), Sugar: 34.78g (38.64%), Cholesterol: 0.01mg (0%), Sodium: 38.17mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Manganese: 0.93mg (46.5%), Vitamin B1: 0.27mg (17.87%), Copper: 0.18mg (8.97%), Magnesium: 31.72mg (7.93%), Fiber: 1.95g (7.8%), Vitamin B2: 0.13mg (7.72%), Selenium: 5.03µg (7.18%), Iron: 0.87mg (4.86%), Phosphorus: 45.96mg (4.6%), Potassium: 138.92mg (3.97%), Vitamin B6: 0.06mg (3.13%), Vitamin B3: 0.58mg (2.88%), Calcium: 21.22mg (2.12%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.31mg (2.06%)