



Chocolate Covered Almond Meringue Cookies

 Gluten Free

READY IN



180 min.

SERVINGS



48

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 2.3 cups confectioners' sugar
- ☐ 6 egg whites at room temperature
- ☐ 8 ounces ground almonds
- ☐ 1 pound chocolate
- ☐ 1.3 cups sugar white

Equipment

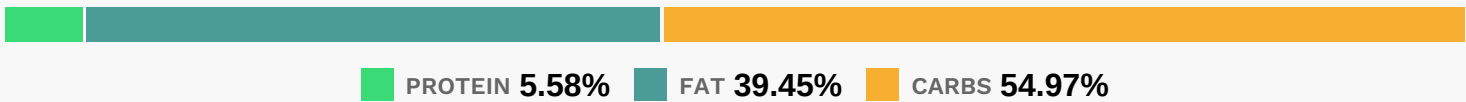
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ double boiler
- ☐ spatula

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C). Line 4 baking sheets with parchment paper.
- ☐ Beat egg whites in a glass or metal bowl until foamy and soft peaks form. Gradually add white sugar, continuing to beat until mixture holds stiff peaks, about 5 minutes. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- ☐ Mix ground almonds and confectioners' sugar together in a separate bowl; fold into egg white mixture.
- ☐ Transfer mixture to a piping bag; pipe mixture into 2-inch long by 1/2-inch thick mounds onto the prepared baking sheets.
- ☐ Bake in the preheated oven until cookies are dry and lightly golden brown, about 45 minutes.
- ☐ Transfer cookies to a wire rack to cool completely.
- ☐ Melt chocolate in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- ☐ Dip each cookie in the melted chocolate using a fork until cookie is completely coated. Shake off excess chocolate. Arrange cookies on the parchment-lined baking sheets; refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:1.0795652177995%

Nutrients (% of daily need)

Calories: 118.49kcal (5.92%), Fat: 5.59g (8.61%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 16.52g (6.01%), Sugar: 15.76g (17.51%), Cholesterol: 0mg (0%), Sodium: 7.9mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.24mg (2.08%), Protein: 1.78g (3.56%), Fiber: 1.02g (4.08%), Copper: 0.06mg (2.79%), Magnesium: 11.09mg (2.77%), Iron: 0.45mg (2.49%), Vitamin B2: 0.04mg (2.42%), Manganese: 0.05mg (2.38%), Selenium: 1.08µg (1.54%), Phosphorus: 14.45mg (1.45%), Calcium: 12.56mg (1.26%)