



Chocolate Cranberry Meringue

 Vegetarian  Gluten Free  Dairy Free

READY IN



285 min.

SERVINGS



45

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz baker's chocolate unsweetened finely chopped
- 0.3 tsp cream of tartar
- 0.5 cup cranberries dried chopped
- 4 large egg whites
- 0.5 cup granulated sugar
- 0.8 cup powdered sugar

Equipment

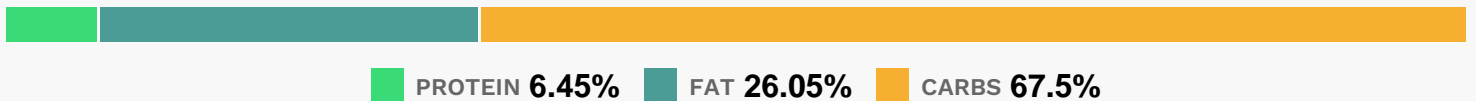
- bowl

- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Preheat oven to 200F. Cover large baking sheet with parchment paper.
- Beat egg whites and cream of tartar in large bowl with electric mixer on medium speed 5 minutes or until soft peaks form. Gradually add granulated sugar, beating on high speed until well blended.
- Add powdered sugar, 1 Tbsp. at a time, beating well after each addition. (Meringue will begin to turn glossy.) Continue beating until stiff peaks form. Stir in cranberries and chocolate.
- Spread onto prepared baking sheet to within 1/2 inch of edges of baking sheet.
- Bake 2 hours. Turn oven off.
- Let meringue stand in oven for 2 to 2-1/2 hours or until meringue is cooled and completely dried.
- Cut or break into 24 pieces.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:0.80956521549303%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 31.52kcal (1.58%), Fat: 1.02g (1.56%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.53g (2.01%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 5.46mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Manganese: 0.08mg (4.14%), Copper: 0.06mg (3.15%), Iron:

0.34mg (1.89%), Magnesium: 6.56mg (1.64%), Fiber: 0.39g (1.54%), Zinc: 0.18mg (1.23%), Selenium: 0.77 μ g (1.1%)