

Chocolate-Dipped Almond Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup sugar

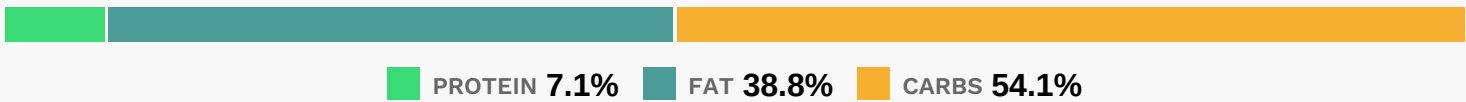
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ microwave

Directions

- ☐ Preheat oven to 20
- ☐ To prepare meringues, cover a baking sheet with parchment paper; secure to baking sheet with masking tape.
- ☐ Beat egg whites with a mixer at high speed until foamy.
- ☐ Add cream of tartar and salt; beat until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Gently fold in almond extract and chopped chocolate. Drop batter by rounded tablespoonfuls onto prepared baking sheet.
- ☐ Bake at 200 for 2 hours or until dry. (Meringues are done when the surface is dry and meringues can be removed from paper without sticking to fingers.) Turn oven off; leave meringues in oven 1 hour or until cool and crisp.
- ☐ Remove from oven; carefully remove meringues from paper. Cool completely on wire rack.
- ☐ To prepare glaze, place semisweet chocolate chips in a medium microwave-safe bowl. Microwave at MEDIUM (50% power) 30 seconds or until melted, stirring until smooth. Dip half of each meringue in chocolate.
- ☐ Place on wire rack to dry. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.1073912965215%

Nutrients (% of daily need)

Calories: 54.49kcal (2.72%), Fat: 2.36g (3.64%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.93g (2.52%), Sugar: 6.45g (7.16%), Cholesterol: 0.37mg (0.12%), Sodium: 34.03mg (1.48%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Caffeine: 5.26mg (1.75%), Protein: 0.97g (1.95%), Manganese: 0.08mg (4.1%), Copper: 0.08mg (3.9%), Magnesium: 11.37mg (2.84%), Selenium: 1.64µg (2.34%), Iron: 0.39mg (2.19%), Fiber: 0.49g (1.96%), Phosphorus: 16.72mg (1.67%), Vitamin B2: 0.03mg (1.65%), Potassium: 48.93mg (1.4%), Zinc: 0.16mg (1.1%)