



Chocolate Filled Meringue Cookies



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons cocoa
- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 3 tablespoons half-and-half
- ☐ 1 cup pecans finely chopped
- ☐ 1 tablespoon powdered sugar sifted
- ☐ 2.3 cups powdered sugar sifted

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract divided

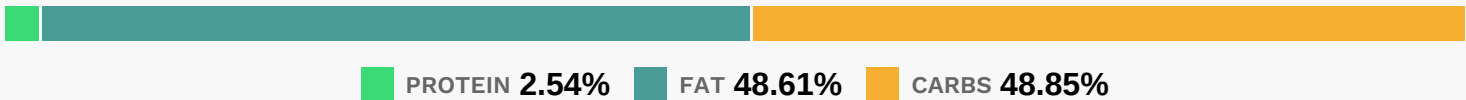
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pastry bag

Directions

- ☐ Preheat oven to 35
- ☐ Beat egg whites and cream of tartar at high speed of an electric mixer until foamy. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Stir in 1/2 teaspoon vanilla and chopped pecans.
- ☐ Drop mixture by teaspoonfuls onto cookie sheets lined with aluminum foil. Dip finger in 1 tablespoon powdered sugar, and make an indentation in center of each cookie.
- ☐ Place in oven, and immediately turn oven off. Do not open door for at least 8 hours.
- ☐ Remove from oven, and carefully peel cookies from foil.
- ☐ Combine butter, cocoa, and half-and-half in a small saucepan; bring to a boil over medium heat.
- ☐ Remove from heat, and cool to room temperature.
- ☐ Add 2 1/4 cups powdered sugar, and beat well with an electric mixer. Stir in remaining 1/2 teaspoon vanilla.
- ☐ Just before serving, pipe cocoa mixture (using a pastry bag fitted with a star tip) into the indentation of each cookie.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.80086955363336%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 65.83kcal (3.29%), Fat: 3.7g (5.69%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 8.07g (2.93%), Sugar: 7.9g (8.77%), Cholesterol: 5.41mg (1.8%), Sodium: 18.05mg (0.78%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.43g (0.87%), Manganese: 0.11mg (5.54%), Copper: 0.04mg (1.81%), Vitamin A: 63.68IU (1.27%), Fiber: 0.3g (1.18%), Vitamin B1: 0.02mg (1.04%), Magnesium: 4.08mg (1.02%)