



Chocolate-Hazelnut Meringue Kisses

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce bittersweet chocolate finely chopped
- 1.5 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 3 large egg whites
- 0.7 cup granulated sugar
- 0.3 cup hazelnuts toasted finely chopped
- 0.3 cup powdered sugar sifted
- 1 Dash salt

- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- pastry bag

Directions

- Preheat oven to 32
- Combine first 3 ingredients in a food processor; process until finely ground.
- Combine hazelnut mixture, 1/4 cup powdered sugar, and cornstarch in a medium bowl, stirring with a whisk.
- Place egg whites, cream of tartar, and salt in a large bowl; beat with a mixer at high speed until soft peaks form.
- Add granulated sugar, 1 tablespoon at a time, beating at high speed until stiff peaks form. Gently fold hazelnut mixture and vanilla into egg mixture.
- Cover two baking sheets with parchment paper. Spoon egg white mixture into a pastry bag fitted with a 1/2-inch round tip. Pipe 48 (1 1/2-inch-round) mounds onto prepared baking sheets.
- Bake at 325 for 25 minutes or until meringues are done and dry to the touch. (Meringues are done when surface is dry and meringues can be removed from paper without sticking to fingers.) Turn oven off; partially open oven door. Cool meringues in oven 30 minutes.
- Remove from oven; carefully remove meringues from paper.

Nutrition Facts



■ PROTEIN 7.03% ■ FAT 24.29% ■ CARBS 68.68%

Properties

Glycemic Index:1.77, Glycemic Load:1.95, Inflammation Score:-1, Nutrition Score:0.57956521415516%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 23.8kcal (1.19%), Fat: 0.68g (1.05%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.66g (4.07%), Cholesterol: 0.04mg (0.01%), Sodium: 4.46mg (0.19%), Alcohol: 0.03g (100%), Alcohol %: 0.49% (100%), Protein: 0.44g (0.89%), Manganese: 0.06mg (3.22%), Copper: 0.04mg (1.8%), Magnesium: 4.54mg (1.13%), Fiber: 0.28g (1.1%)