



Chocolate-Hazelnut Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.5 teaspoon cream of tartar
- 5 large egg whites
- 0.5 cup granulated sugar
- 0.3 cup hazelnuts whole toasted finely chopped
- 0.1 teaspoon salt
- 3 ounces bittersweet chocolate
- 1 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender
- microwave

Directions

- Preheat oven to 25
- Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add cream of tartar and salt, beating until soft peaks form. Gradually add sugars, 1 tablespoon at a time, beating until stiff peaks form.
- Add vanilla; beat 1 minute.
- Cover two baking sheets with parchment paper. Spoon 24 (2-inch-round) mounds onto prepared baking sheets.
- Place in oven; bake at 250 for 1 hour or until dry to touch, rotating pans halfway through cooking. (Meringues are done when surface is dry and meringues can be removed from paper without sticking to fingers.) Turn oven off. Cool meringues in oven 1 hour.
- Remove from oven; carefully remove meringues from paper.
- Place chocolate in a medium glass bowl. Microwave at HIGH 1 minute or until almost melted, stirring until smooth. Dip side of each meringue in melted chocolate and chopped hazelnuts.

Nutrition Facts



PROTEIN 6.98% **FAT 30.8%** **CARBS 62.22%**

Properties

Glycemic Index:7.09, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:2.8582608771065%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 137.32kcal (6.87%), Fat: 4.79g (7.37%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.89g (7.6%), Sugar: 20.09g (22.33%), Cholesterol: 0.43mg (0.14%), Sodium: 50.5mg (2.2%), Alcohol: 0.1g (100%), Alcohol %: 0.34% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.44g (4.89%), Manganese: 0.31mg (15.43%), Copper: 0.15mg (7.72%), Selenium: 3.59µg (5.12%), Magnesium: 20.29mg (5.07%), Vitamin B2: 0.07mg (4.09%), Iron: 0.69mg (3.83%), Vitamin E: 0.54mg (3.61%), Fiber: 0.89g (3.56%), Potassium: 118.75mg (3.39%), Phosphorus: 30.55mg (3.05%), Zinc: 0.28mg (1.85%), Calcium: 16.91mg (1.69%), Vitamin B1: 0.02mg (1.62%), Vitamin B6: 0.03mg (1.29%), Folate: 4.41µg (1.1%)