



Chocolate Meringue Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



26 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

Equipment

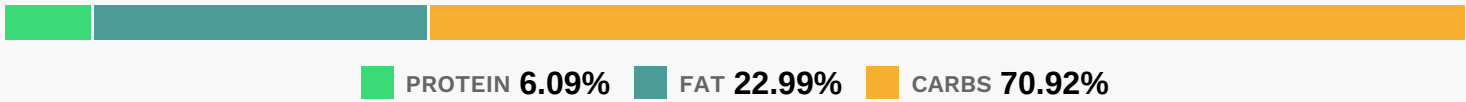
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Combine egg whites, cream of tartar, and vanilla. Beat until the whites form soft peaks. Slowly add sugar; beat until stiff peaks form, and mixture becomes glossy. Fold in cocoa and chocolate chips.
- ☐ Drop mixture by teaspoonfuls on to a greased cookie sheet.
- ☐ Bake for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:0.39695652509513%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 25.71kcal (1.29%), Fat: 0.67g (1.04%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.49g (1.63%), Sugar: 4.34g (4.82%), Cholesterol: 0.1mg (0.03%), Sodium: 4.39mg (0.19%), Alcohol: 0.02g (100%), Alcohol %: 0.3% (100%), Protein: 0.4g (0.8%), Manganese: 0.03mg (1.4%), Copper: 0.03mg (1.35%)