



Chocolate Meringue Kisses



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



39 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 3 large egg whites
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon coffee instant
- ☐ 0.3 cup powdered sugar sifted
- ☐ 1 ounce baker's chocolate unsweetened coarsely chopped
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

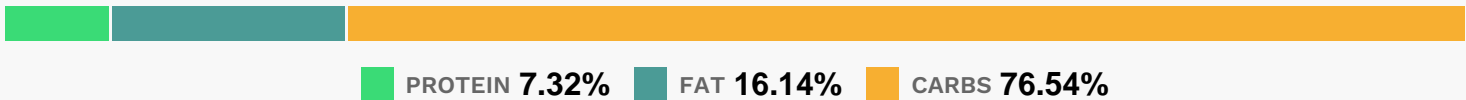
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ziploc bags
- ☐ wax paper

Directions

- ☐ Preheat oven to 32
- ☐ Cover a baking sheet with parchment or wax paper; secure with masking tape.
- ☐ Combine the cocoa and chocolate in a food processor, and pulse 4 times or until the chocolate is finely chopped.
- ☐ Add the powdered sugar and cornstarch, and pulse 2 times or until mixture is well-blended. Beat egg whites and coffee granules in a medium bowl at high speed of a mixer until foamy. Gradually add the granulated sugar, 1 tablespoon at a time, beating mixture until stiff peaks form. Fold in the cocoa mixture and vanilla. Spoon the egg white mixture into a zip-top plastic bag, and seal. Carefully snip off 1 bottom corner of bag. Pipe the egg white mixture into 24 portions onto prepared baking sheet, forming pointed mounds 2 inches wide and 1 1/2 inches high.
- ☐ Bake at 325 for 30 minutes or until dry. Carefully remove the meringues from paper.
- ☐ Note: Store kisses in an airtight container for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:0.94478261713748%

Flavonoids

Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 38.82kcal (1.94%), Fat: 0.77g (1.18%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.64g (2.78%), Sugar: 6.84g (7.6%), Cholesterol: 0mg (0%), Sodium: 7.47mg (0.32%), Alcohol: 0.06g (100%), Alcohol %: 0.53% (100%), Caffeine: 3.66mg (1.22%), Protein: 0.78g (1.56%), Manganese: 0.09mg (4.27%), Copper: 0.07mg (3.7%), Magnesium: 8.89mg (2.22%), Fiber: 0.53g (2.13%), Iron: 0.34mg (1.89%), Selenium: 1.11µg (1.58%), Vitamin B2: 0.02mg (1.35%), Phosphorus: 12.06mg (1.21%), Zinc: 0.18mg (1.18%)