



Chocolate Meringue Kisses



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



15 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites at room temperature
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cocoa unsweetened

Equipment

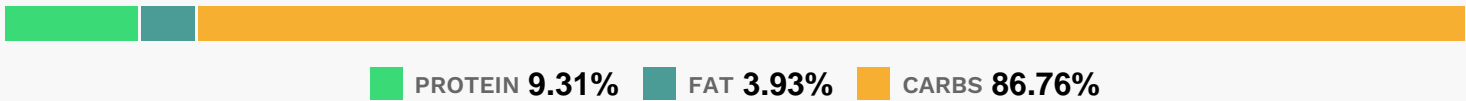
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 225F. Line 2 large rimmed cookie sheets with parchment paper.
- ☐ Place egg whites in a clean dry bowl and beat with an electric mixer on medium-high speed until foamy.
- ☐ Add cream of tartar, increase speed to high and whip until mixture forms soft peaks. Gradually add granulated sugar and continue beating until whites are stiff and shiny.
- ☐ In a separate bowl, sift confectioners' sugar with cocoa to blend. Working in thirds, sprinkle cocoa mixture over egg whites and gently fold in until thoroughly incorporated.
- ☐ Transfer to a large ziplock bag. Seal bag, pinching out excess air. Snip off a small piece of one bottom corner of bag. Pipe out meringues through hole onto cookie sheets, forming small "kisses," about 2 inches in diameter.
- ☐ Bake for 1 hour, until meringues are firm and dry. Turn oven off and let meringues sit in oven for 15 minutes.
- ☐ Let meringues cool on sheets on wire racks, then gently peel kisses off parchment paper. Store at room temperature in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:0.28260869702891%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 15.37kcal (0.77%), Fat: 0.07g (0.11%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.45g (1.25%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 4.71mg (0.2%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%)