



Chocolate Pecan Meringues

 Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



126 kcal

SIDE DISH

Ingredients

- 0.5 cup chocolate chips
- 1 pinch cream of tartar
- 2 large egg whites
- 0.7 cup granulated sugar
- 0.5 cup pecans toasted chopped
- 1 pinch salt
- 8 saltines crushed

Equipment

- baking sheet
- baking paper
- oven
- mixing bowl
- microwave

Directions

- Preheat oven to 350 degrees F. Line two large baking sheets with parchment paper. In a large mixing bowl, combine the egg whites and cream of tartar and beat until peaks start to form. Gradually beat in the salt and sugar, 1 heaping tablespoon at a time. Fold in the chopped pecans, crushed crackers and chocolate chips. Drop batter by heaping tablespoons onto prepared baking sheets.
- Bake for 20 minutes, then turn the oven off and let the meringues sit in the closed oven for another 10 to 20 minutes – 10 minutes for slightly chewy centers and 20 for crisp through-and-through.
- Remove from the oven and let cool completely. Peel from the parchment when cool. If you want, you can drizzle the meringues with melted chocolate.
- Put the chocolate chips in a decorating bag without a tip. Microwave at 50% power, kneading bag and chips gently every 30 seconds, until chips are completely melted. Snip off tip of bag and squeeze over the cooled cookies.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:7.78, Inflammation Score:-1, Nutrition Score:2.2265217624929%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 126.1kcal (6.3%), Fat: 5.84g (8.99%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 16.71g (6.08%), Sugar: 13.89g (15.44%), Cholesterol: 0.08mg (0.02%), Sodium: 39.36mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Manganese: 0.23mg (11.64%), Copper: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.06mg (3.25%), Zinc: 0.49mg (3.25%), Fiber: 0.78g (3.11%), Selenium: 1.94µg (2.76%), Calcium: 26.79mg (2.68%), Potassium: 92.07mg (2.63%), Phosphorus: 24.9mg (2.49%), Magnesium: 9.26mg (2.32%), Iron: 0.34mg (1.87%), Folate: 5.47µg (1.37%), Vitamin E: 0.2mg (1.36%), Vitamin B3: 0.27mg (1.33%), Vitamin K: 1.24µg (1.19%), Vitamin B5: 0.12mg (1.15%), Vitamin B6: 0.02mg (1.06%)