



Cocoa-Coffee Meringue Kisses



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



36 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 large egg whites
- ☐ 1 teaspoon espresso powder instant
- ☐ 1 cup sugar
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

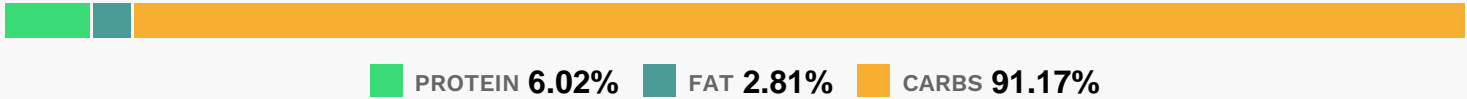
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Position oven racks in top and bottom thirds of oven. Preheat oven to 275F. Line 2 baking sheets with parchment paper.
- ☐ Use an electric mixer to whip egg whites until foamy. With mixer still running, add sugar in a slow, steady stream. Continue to beat until whites are shiny and stiff.
- ☐ Sift cocoa and espresso powder over whites.
- ☐ Add vanilla. Gently fold into egg whites.
- ☐ Pipe or drop heaping tablespoonfuls onto prepared baking sheets, leaving 1 1/2 inches between cookies.
- ☐ Bake until firm on outside, 30 to 35 minutes. Cool completely on baking sheets. Peel kisses off paper and store in an airtight container for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:0.41695651849327%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 36.28kcal (1.81%), Fat: 0.12g (0.18%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.51g (3.1%), Sugar: 8.38g (9.31%), Cholesterol: 0mg (0%), Sodium: 7.09mg (0.31%), Alcohol: 0.06g (100%), Alcohol %: 0.55% (100%), Protein: 0.58g (1.15%), Selenium: 0.97µg (1.39%), Manganese: 0.03mg (1.29%), Copper: 0.03mg (1.27%), Vitamin B2: 0.02mg (1.26%)