



Cocoa Meringue Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



14 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 0.3 cup semisweet chocolate mini-morsels
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

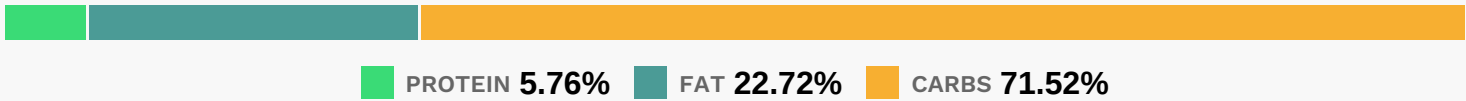
- ☐ baking sheet

- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine sugar and cocoa, stirring well. Beat egg whites and cream of tartar at high speed of an electric mixer until foamy. Gradually add sugar mixture, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Stir in vanilla and chocolate mini-morsels.
- ☐ Drop by teaspoonfuls onto cookie sheets lined with aluminum foil.
- ☐ Place in oven, and immediately turn oven off. Do not open door for at least 8 hours.
- ☐ Remove from oven, and carefully peel cookies from foil.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:0.22826086835045%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 14.35kcal (0.72%), Fat: 0.37g (0.57%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.43g (2.7%), Cholesterol: 0.05mg (0.02%), Sodium: 2.22mg (0.1%), Alcohol: 0.01g (100%), Alcohol %: 0.41% (100%), Protein: 0.21g (0.42%)