



Cocoa Nib Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cacao nibs
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 1 teaspoon espresso powder
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons unsweetened cocoa unsweetened

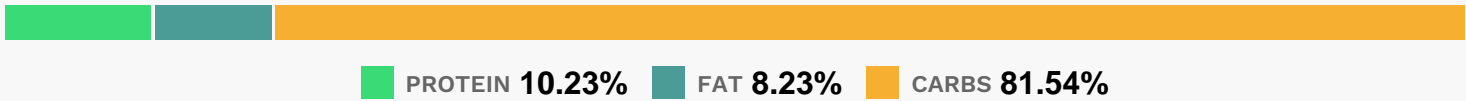
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 22
- ☐ Line a baking sheet with parchment paper.
- ☐ Place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until foamy. Gradually add superfine sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add 2 tablespoons unsweetened cocoa, cocoa nibs, instant espresso granules, and salt; beat just until blended.
- ☐ Drop batter by tablespoonfuls onto prepared baking sheet.
- ☐ Bake at 225 for 1 hour. Turn oven off (do not remove pan from oven); cool meringues in closed oven at least 8 hours or until crisp. Carefully remove meringues from paper.
- ☐ Sprinkle with 1 teaspoon unsweetened cocoa, if desired.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:1.94, Inflammation Score:0, Nutrition Score:0.22826086721666%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 13.93kcal (0.7%), Fat: 0.14g (0.21%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.9g (1.05%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 5.76mg (0.25%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%)