



Coconut Meringues

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup coconut or shredded
- 0.8 cup confectioners' sugar
- 0.1 teaspoon cream of tartar
- 2 egg whites

Equipment

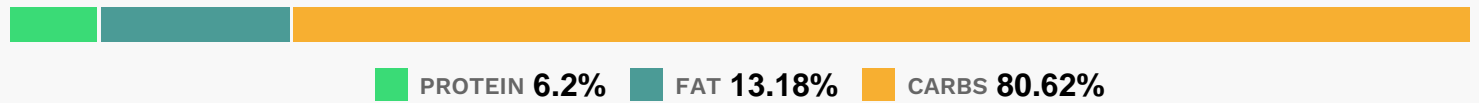
- bowl
- baking sheet

- oven
- blender
- spatula

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- In small bowl with mixer at high speed, beat egg whites and cream of tartar until soft peaks form. Beating at high speed, gradually sprinkle in sugar, 2 Tablespoons at a time, beating until sugar is completely dissolved. (Whites should stand in stiff glossy peaks.) With rubber spatula, fold in coconut and extract until mixed.
- Drop mixture by rounded teaspoonfuls onto large cookie sheet, about 1 inch apart.
- Bake 1 hour or until dry.
- Remove to rack to cool.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.01, Inflammation Score:0, Nutrition Score:0.16869565115675%

Nutrients (% of daily need)

Calories: 19kcal (0.95%), Fat: 0.28g (0.44%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 4.4mg (0.19%), Alcohol: 0.01g (100%), Alcohol %: 0.25% (100%), Protein: 0.3g (0.6%)