



Coconut Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



31

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon coconut extract
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup coconut or sweetened flaked toasted
- ☐ 1 tablespoon cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract

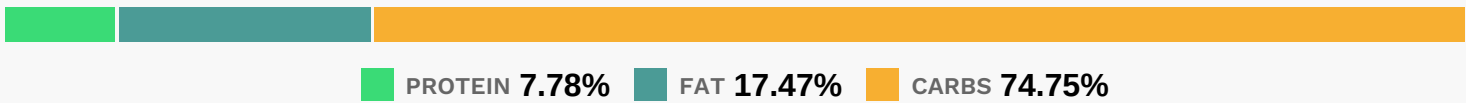
Equipment

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

Directions

- ☐ Preheat oven to 25
- ☐ Combine cream of tartar, salt, and egg whites in a large bowl; beat with a mixer at medium speed until soft peaks form.
- ☐ Add sugar, 1 tablespoon at a time, beating at high speed until stiff peaks form.
- ☐ Add extracts; beat just until blended (do not overbeat). Gently fold in coconut. Drop by rounded tablespoons, 2 inches apart, onto 2 baking sheets covered with parchment paper.
- ☐ Bake at 250 for 1 hour until very lightly browned and almost crisp, switching baking sheets and rotating front to back halfway through baking time.
- ☐ Remove from oven. Cool for 25 minutes (meringues will crisp as they cool).
- ☐ Sprinkle evenly with 1 tablespoon cocoa.

Nutrition Facts



Properties

Glycemic Index:2.26, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:0.28695651832158%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 20.91kcal (1.05%), Fat: 0.42g (0.65%), Saturated Fat: 0.38g (2.34%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.87g (1.41%), Sugar: 3.76g (4.17%), Cholesterol: 0mg (0%), Sodium: 10.54mg (0.46%), Alcohol: 0.02g (100%), Alcohol %: 0.28% (100%), Protein: 0.42g (0.85%), Selenium: 0.9µg (1.29%)