

Coconut Meringues

Gluten Free Dairy Free Low Fod Map

READY IN

SERVINGS

ANTIPASTI STARTER SNACK APPETIZER

CALORIES

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APPETIZER

Ingredients

| O.1 teaspoon coconut extract |
|---|
| O.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 |
| Diı | rections |
| | 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 | |
| | PROTEIN 7.78% FAT 17.47% CARBS 74.75% |
| | FROILIN 1.10/0 FAI 11.41/0 CARDS 14.13/0 |
| Dro | portios |

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: 0.02mg, 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: Omg (0%), Sodium: 10.54mg (0.46%), Alcohol: 0.02g (100%), Alcohol %: 0.28% (100%), Protein: 0.42g (0.85%), Selenium: 0.9µg (1.29%)