



## Coffee Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



40

CALORIES



17 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 tablespoon roasted coffee beans whole
- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 1.5 tablespoons espresso powder instant
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla

## Equipment

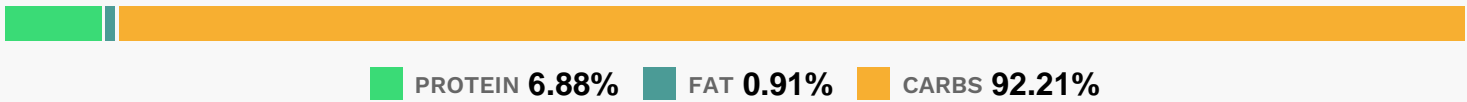
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

## Directions

- ☐ In a bowl, with an electric mixer (fitted with whisk attachment) on high speed, beat egg whites and cream of tartar until thick and foamy. Gradually add sugar and continue to beat until mixture holds stiff, shiny peaks. Beat in vanilla and espresso powder.
- ☐ Spoon meringue in 1 1/2- to 2-inch-wide mounds, about 1 inch apart, onto cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes). Gently place one coffee bean on each mound.
- ☐ Bake in a 200 oven until meringues are light brown and give slightly when gently pressed, 1 1/4 to 1 1/2 hours; switch pan positions halfway through baking. Turn off heat and leave meringues in closed oven for 1 hour.
- ☐ Slide a spatula under meringues to release.

## Nutrition Facts



## Properties

Glycemic Index:1.75, Glycemic Load:2.62, Inflammation Score:0, Nutrition Score:0.13304347763567%

## Nutrients (% of daily need)

Calories: 16.63kcal (0.83%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.92g (1.43%), Sugar: 3.77g (4.18%), Cholesterol: 0mg (0%), Sodium: 4.24mg (0.18%), Alcohol: 0.02g (100%), Alcohol %: 0.32% (100%), Caffeine: 6.42mg (2.14%), Protein: 0.29g (0.59%)