



WHATSheATE



Date Nut Chocolate Chip Meringues



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



24

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 cup confectioners' sugar sifted
- ☐ 0.8 cup chocolate chips dark
- ☐ 0.7 cup dates finely chopped
- ☐ 2 large egg whites
- ☐ 1 cup pecans toasted chopped

Equipment

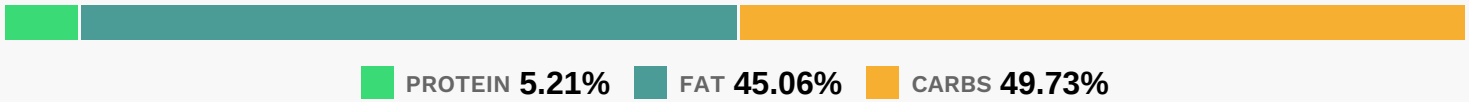
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

☐ Preheat oven to 300 degrees F. and Line two baking sheets with parchment paper.In a mixing bowl, beat the egg whites with an electric mixer until stiff peaks form. Beat in the sugar a few tablespoons at a time. Stir in the pecans, dates and chocolate chips.With a generously rounded teaspoon, drop 12 mounds of cookie dough onto each baking sheet. Set one sheet on the middle rack and one on the lower rack and bake for 15 minutes.After 15 minutes, reduce the oven temperature to 275 degrees F, shift the baking sheets so that the sheet on the bottom is now on the top and vice versa. bake for another 15 minutes at 275 degrees F.Turn off oven and let the cookies sit in the closed “off” oven for about two hours.

Nutrition Facts



Properties

Glycemic Index:2.58, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.8286956597282%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 91.27kcal (4.56%), Fat: 4.76g (7.32%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 10.88g (3.96%), Sugar: 9.58g (10.64%), Cholesterol: 0.06mg (0.02%), Sodium: 10.77mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Manganese: 0.2mg (10.24%), Fiber: 0.94g (3.75%), Copper: 0.07mg (3.46%), Zinc: 0.4mg (2.66%), Potassium: 83.89mg (2.4%), Vitamin B1: 0.04mg (2.34%), Magnesium: 9.07mg (2.27%), Calcium: 21.77mg (2.18%), Phosphorus: 21.46mg (2.15%), Vitamin B2: 0.03mg (1.83%), Selenium: 1.15µg (1.65%), Iron: 0.22mg (1.24%), Vitamin B6: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.07%)