



Double-Chocolate Meringue Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



36 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup powdered sugar
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 cup semisweet chocolate minichips
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

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

Directions

- ☐ Preheat oven to 30
- ☐ Cover 2 large baking sheets with parchment paper; secure with masking tape. Sift together 1/2 cup powdered sugar and cocoa.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until soft peaks form. Gradually add granulated sugar and then cocoa mixture, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add vanilla; beat until combined. Fold in chocolate chips.
- ☐ Drop dough by rounded tablespoons onto prepared baking sheets to form 36 mounds.
- ☐ Bake at 300 for 30 minutes, rotating racks after 15 minutes. Turn oven off; cool meringues in closed oven 1 1/2 hours or until dry.
- ☐ Sprinkle evenly with 1 tablespoon powdered sugar. Carefully remove cookies from paper.
- ☐ Note: Store cooled cookies in an airtight container for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:0.74260870091941%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg,

Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 35.69kcal (1.78%), Fat: 0.76g (1.17%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.53g (2.37%), Sugar: 6.21g (6.9%), Cholesterol: 0.1mg (0.03%), Sodium: 8.04mg (0.35%), Alcohol: 0.04g (100%), Alcohol %: 0.38% (100%), Caffeine: 3.24mg (1.08%), Protein: 0.76g (1.51%), Manganese: 0.05mg (2.67%), Copper: 0.05mg (2.61%), Magnesium: 7.38mg (1.85%), Selenium: 1.2µg (1.72%), Fiber: 0.43g (1.7%), Vitamin B2: 0.02mg (1.41%), Iron: 0.22mg (1.23%), Phosphorus: 10.81mg (1.08%)