



## Double-Vanilla Meringue Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



28 kcal

DESSERT

### Ingredients

- 0.3 teaspoon cream of tartar
- 3 large egg whites at room temperature ()
- 0.3 teaspoon salt
- 1 cup sugar divided
- 1 vanilla pod
- 1 teaspoon vanilla extract

### Equipment

- bowl

- frying pan
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender

## Directions

- Preheat oven to 32
- Place 1/4 cup sugar in a small bowl. Scrape seeds from vanilla bean, and add seeds to sugar; discard bean. Stir well with a whisk.
- Beat egg whites, cream of tartar, and salt at high speed of a mixer until foamy. Gradually add 3/4 cup sugar, 1 tablespoon at a time, beating mixture until stiff peaks form. Gradually add vanilla bean mixture and extract; beat until just combined. (Stiff peaks will take on the consistency of marshmallow cream.)
- Cover a baking sheet with parchment paper; secure to baking sheet with masking tape. Drop batter by level tablespoonfuls onto prepared baking sheet.
- Bake at 325 for 35 minutes or until crisp. Cool on pan on a wire rack. Repeat procedure with remaining batter, reusing parchment paper. Store in an airtight container.

## Nutrition Facts

 **PROTEIN 4.99%**  **FAT 1.62%**  **CARBS 93.39%**

## Properties

Glycemic Index:2.34, Glycemic Load:4.65, Inflammation Score:0, Nutrition Score:0.11869565259827%

## Nutrients (% of daily need)

Calories: 28.22kcal (1.41%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.74g (2.45%), Sugar: 6.69g (7.44%), Cholesterol: 0mg (0%), Sodium: 24.95mg (1.08%), Alcohol: 0.05g (100%), Alcohol %: 0.56% (100%), Protein: 0.36g (0.72%)