



Double Vanilla Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.7 cup powdered sugar
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon vanilla extract

Equipment

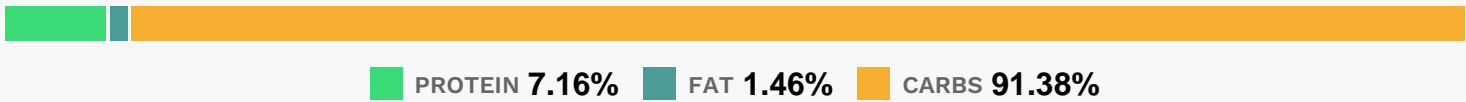
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ pastry bag

Directions

- ☐ Preheat oven to 22
- ☐ Cover 2 large baking sheets with parchment paper, and secure paper with masking tape.
- ☐ Scrape seeds from vanilla bean. Reserve vanilla bean for another use.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at medium speed until soft peaks form. Increase speed to high, and gradually add granulated sugar and then powdered sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add vanilla seeds and extract; beat just until blended.
- ☐ Spoon batter into a pastry bag fitted with a large star tip. Pipe 60 mounds onto prepared baking sheets.
- ☐ Bake at 225 for 1 1/2 hours. Turn oven off; cool meringues in closed oven 1 1/2 hours or until dry. Carefully remove the meringues from paper.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:1.16, Inflammation Score:0, Nutrition Score:0.077826086350757%

Nutrients (% of daily need)

Calories: 13.6kcal (0.68%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 3.06g (1.11%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 3.72mg (0.16%), Alcohol: 0.07g (100%), Alcohol %: 1.71% (100%), Protein: 0.24g (0.48%)