

• RELIEVE HEADACHES AND ANXIETY

• SLEEP WELL AND RESTORE YOUR ABILITY TO RELAX

• CONTROL YOUR WEIGHT

4-WEEK
DIET AND
LIFESTYLE

Dr. Lee's Mocha Meringue



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



431 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.1 tsp cinnamon
- ☐ 1 tbsp cocoa
- ☐ 4 egg whites
- ☐ 0.5 tsp coffee powder instant
- ☐ 1 cup powdered sugar
- ☐ 0.3 tsp salt
- ☐ 0.5 cup slivered almonds
- ☐ 0.5 tsp vanilla

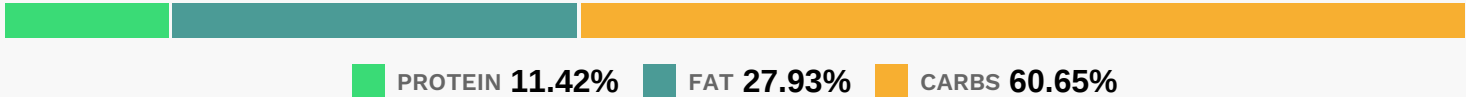
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 250 degrees. Lightly grease a cookie sheet. Sift powdered sugar, cocoa, coffee and salt. Put dry mix and almonds in blender—grind until it becomes a fine powder. Beat the egg whites and vanilla extract until stiff. Fold the powdered mix with the stiff egg whites. Drop meringue mix with a tablespoon onto cookie sheet.
- ☐ Bake for 2 to 3 hours, turn off the oven, leave meringues in oven for 20 minutes, then serve.
- ☐ Adapted from The Moosewood Cookbook by Mollie Katzen.
- ☐ From The Super
- ☐ Stress Solution.com

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:11.707826106931%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 431.39kcal (21.57%), Fat: 13.95g (21.46%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 68.17g (22.72%), Net Carbohydrates: 63.71g (23.17%), Sugar: 60.46g (67.18%), Cholesterol: 0mg (0%), Sodium: 392.53mg (17.07%),

Alcohol: 0.36g (100%), Alcohol %: 0.3% (100%), Caffeine: 14.06mg (4.69%), Protein: 12.83g (25.66%), Vitamin E: 6.92mg (46.12%), Manganese: 0.77mg (38.27%), Vitamin B2: 0.59mg (34.73%), Magnesium: 94.02mg (23.51%), Copper: 0.4mg (20.02%), Selenium: 13.89µg (19.84%), Fiber: 4.46g (17.84%), Phosphorus: 159.61mg (15.96%), Potassium: 349.11mg (9.97%), Calcium: 83.16mg (8.32%), Iron: 1.49mg (8.27%), Zinc: 1.06mg (7.04%), Vitamin B3: 1.18mg (5.88%), Vitamin B1: 0.06mg (4%), Folate: 15.15µg (3.79%), Vitamin B5: 0.25mg (2.49%), Vitamin B6: 0.04mg (2.19%)