



Dream Drops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 egg whites



6 ounces semisweet chocolate morsels melted



1.5 cups sugar

Equipment



baking sheet



baking paper



oven



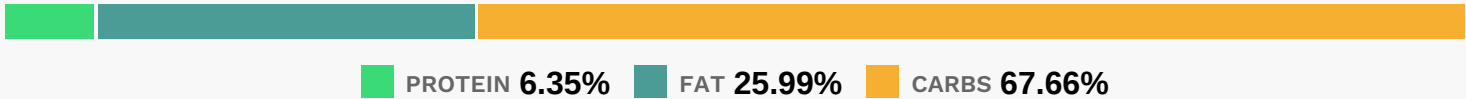
hand mixer

☐ wax paper

Directions

- ☐ Beat egg whites at high speed with an electric mixer until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Drop by 1/4 cupfuls onto parchment paper-lined baking sheets.
- ☐ Bake at 250 for 30 minutes. Turn oven off.
- ☐ Let meringues stand in oven with door closed 30 minutes.
- ☐ Spread a thin layer of chocolate on flat sides of meringues.
- ☐ Let stand on wax paper 2 hours.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:1.3965217464644%

Nutrients (% of daily need)

Calories: 94.36kcal (4.72%), Fat: 2.77g (4.26%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.67g (5.7%), Sugar: 15.15g (16.83%), Cholesterol: 0.43mg (0.14%), Sodium: 17.43mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.52g (3.05%), Manganese: 0.1mg (4.78%), Copper: 0.09mg (4.58%), Selenium: 2.67µg (3.81%), Magnesium: 13.57mg (3.39%), Vitamin B2: 0.05mg (2.93%), Iron: 0.46mg (2.57%), Fiber: 0.57g (2.27%), Phosphorus: 19.93mg (1.99%), Potassium: 56.74mg (1.62%), Zinc: 0.19mg (1.28%)