



Espiros Dois (II)

 Vegetarian  Gluten Free  Dairy Free

READY IN



555 min.

SERVINGS



24

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon cornstarch
- 3 egg whites
- 1 teaspoon lemon zest
- 1 pinch salt
- 1 teaspoon vanilla extract
- 1 teaspoon vinegar
- 0.8 cup sugar white

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a cookie sheet with parchment paper.
- In a large glass bowl, beat the egg whites with an electric mixer until soft peaks form. Gradually beat in sugar until firm peaks form. Fold in lemon zest, salt, cornstarch, vinegar, and vanilla. Spoon in mounded tablespoonfuls onto the cookie sheet.
- Place cookie sheet into oven and reduce temperature to 250 degrees F (120 degrees C). Cook 1 hour. Turn off oven and allow to dry 8 hours, or overnight.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:4.36, Inflammation Score:0, Nutrition Score:0.13782608395685%

Nutrients (% of daily need)

Calories: 26.89kcal (1.34%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.35g (2.31%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 7.93mg (0.34%), Alcohol: 0.06g (100%), Alcohol %: 0.69% (100%), Protein: 0.41g (0.82%), Selenium: 0.79µg (1.13%), Vitamin B2: 0.02mg (1.05%)