



Espresso Chip Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



190 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 egg whites at room temperature
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 pinch sea salt fine
- ☐ 0.7 cup semi chocolate chips mini
- ☐ 0.8 cup superfine baker's sugar
- ☐ 0.3 teaspoon vanilla extract

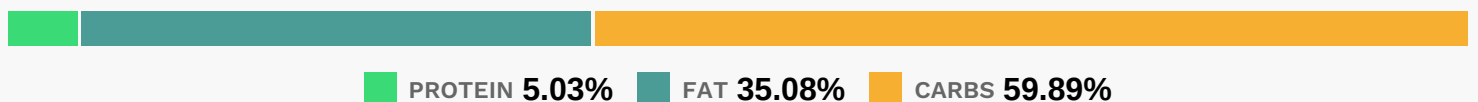
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ *Can be found at specialty cooking stores
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper. Set aside.
- ☐ In a stand mixer fitted with the whisk attachment, beat the egg whites and salt until frothy, about 1 minute. With the machine on medium-high speed, gradually add the sugar, about 1 tablespoon at a time.
- ☐ Add the cream of tartar, vanilla extract, and espresso powder. Increase the speed to high and beat until the mixture is thick and holds stiff peaks, about 3 to 5 minutes. Using a spatula, fold in the chocolate chips. Drop 1/4 to 1/2 cup of the mixture onto the prepared baking sheet about 2 inches apart.
- ☐ Bake for 30 minutes. Rotate the pan and bake for another 30 minutes. Turn off the oven and allow the meringues to cool completely while still in the oven, about 2 hours.
- ☐ Store airtight in a plastic container for up to 4 days.
- ☐ Cook's Note: The meringue mixture can also be placed in a pasty bag fitted with a large, plain tip (recommended: Ateco # 980
- ☐ and piped onto the baking sheet.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:2.2769565430024%

Nutrients (% of daily need)

Calories: 129.04kcal (6.45%), Fat: 5.09g (7.83%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 18.5g (6.73%), Sugar: 17.36g (19.29%), Cholesterol: 0.79mg (0.26%), Sodium: 17.2mg (0.75%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Caffeine: 16.54mg (5.51%), Protein: 1.64g (3.28%), Manganese: 0.18mg (8.93%), Copper: 0.17mg (8.35%), Magnesium: 24.51mg (6.13%), Iron: 0.85mg (4.73%), Fiber: 1.05g (4.21%), Selenium: 2.7µg (3.86%), Phosphorus: 35.81mg (3.58%), Potassium: 98.18mg (2.81%), Vitamin B2: 0.04mg (2.47%), Zinc: 0.35mg (2.35%)