



Espresso Meringue Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



24 kcal

DESSERT

Ingredients

- 36 coffee-bean granita whole
- 0.3 teaspoon cream of tartar
- 4 large egg whites
- 1.5 tablespoons espresso grounds instant
- 0.3 teaspoon salt
- 1 cup sugar
- 1 teaspoon cocoa unsweetened
- 1 teaspoon vanilla extract

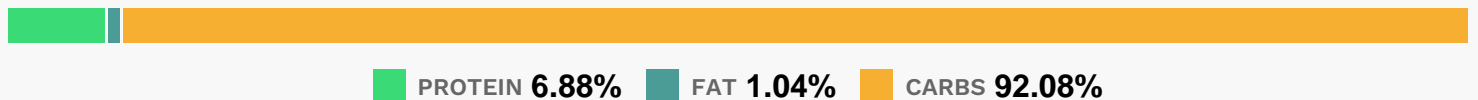
Equipment

- baking sheet
- baking paper
- oven
- blender

Directions

- Adjust the oven racks to divide oven into even thirds.
- Preheat oven to 25
- Beat egg whites, cream of tartar, and salt with a mixer at high speed until foamy.
- Add sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Add espresso and vanilla; beat until well-blended.
- Cover 2 baking sheets with parchment paper; secure to the baking sheets with masking tape. Drop batter by level tablespoons onto prepared baking sheets. Top each mound with 1 coffee bean.
- Sprinkle evenly with cocoa.
- Bake at 250 for 2 hours or until dry. (Meringues are done when the surface is dry and meringues can be removed from paper without sticking to fingers.) Turn oven off, and partially open the oven door; leave meringues in oven 1 hour.
- Remove from oven; carefully remove meringues from paper. Cool completely on wire racks.
- Note: Do not use egg substitute in place of egg whites.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:3.88, Inflammation Score:0, Nutrition Score:0.18695651966593%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Nutrients (% of daily need)

Calories: 24.47kcal (1.22%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.75g (2.09%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 22.4mg (0.97%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Caffeine: 25.2mg (8.4%), Protein: 0.43g (0.86%), Selenium: 0.8µg (1.14%), Vitamin B2: 0.02mg (1.03%)