

Foolproof Meringue



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 3 egg whites
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

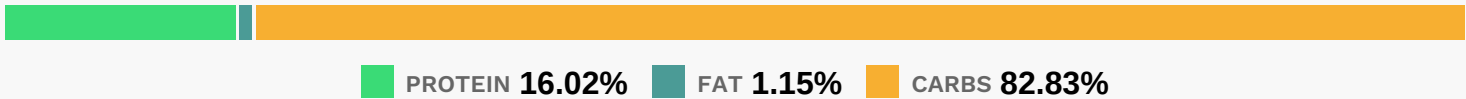
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a large glass or metal mixing bowl, combine egg whites, vanilla and lemon extract. Beat until foamy. Gradually add white sugar, continuing to beat until stiff peaks form.
- ☐ Spread meringue over pie, covering completely.
- ☐ To bake: Preheat oven to 350 degrees F (175 degrees C.)
- ☐ Bake pie in the preheated oven for 10 to 15 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:3.49, Inflammation Score:0, Nutrition Score:0.29086956543767%

Nutrients (% of daily need)

Calories: 24.51kcal (1.23%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 5.07g (1.84%), Sugar: 5.08g (5.64%), Cholesterol: 0mg (0%), Sodium: 15.01mg (0.65%), Alcohol: 0.07g (100%), Alcohol %: 0.6% (100%), Protein: 0.98g (1.96%), Selenium: 1.83µg (2.61%), Vitamin B2: 0.04mg (2.39%)