



Forgotten cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



480 min.

SERVINGS



32

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 2 large egg whites
- ☐ 120 g golden caster sugar
- ☐ 120 g pecan roughly chopped
- ☐ 150 g chocolate dark 70% roughly chopped (at least cocoa solids)
- ☐ 1 tsp vanilla extract

Equipment

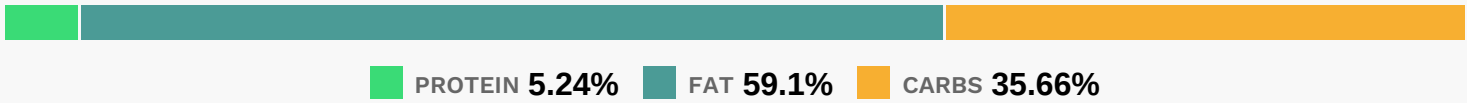
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 180C/gas 4/fan 160C. Line two baking sheets with foil to cover. In a large clean bowl, whisk the egg whites with a pinch of salt until stiff and dry. Gradually whisk in the sugar a little at a time to make a thick and glossy meringue. Tip in the pecan nuts and chocolate, then the vanilla extract and gently fold into the meringue with a large metal spoon.
- ☐ Spoon heaped teaspoonfuls of the meringue mixture, spaced apart, on to the lined baking sheets.
- ☐ Put the sheets in the oven, then turn it off and leave the cookies for at least 3 hours, overnight or until the oven is cold.
- ☐ Carefully peel the cookies from the foil. Store in an airtight tin where they will keep for 3–4 days.

Nutrition Facts



Properties

Glycemic Index:1.03, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.9799999990081%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg

Nutrients (% of daily need)

Calories: 69.64kcal (3.48%), Fat: 4.7g (7.23%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.51g (2%), Sugar: 4.94g (5.49%), Cholesterol: 0.14mg (0.05%), Sodium: 5.42mg (0.24%), Alcohol: 0.05g (100%), Alcohol %: 0.4% (100%), Caffeine: 3.75mg (1.25%), Protein: 0.94g (1.88%), Manganese: 0.26mg (13.15%), Copper: 0.13mg (6.51%), Magnesium: 15.81mg (3.95%), Iron: 0.68mg (3.78%), Fiber: 0.87g (3.48%),

Phosphorus: 25.29mg (2.53%), Zinc: 0.33mg (2.18%), Vitamin B1: 0.03mg (1.76%), Potassium: 57.43mg (1.64%),
Selenium: 0.92µg (1.31%), Vitamin B2: 0.02mg (1.04%)