



Forgotten Kisses



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



84

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon cream of tartar
- 3 egg whites
- 3 drops food coloring red
- 0.3 teaspoon salt
- 2 cups semi chocolate chips
- 0.8 teaspoon vanilla extract
- 1.5 cups sugar white

Equipment

baking sheet

oven

Directions

Preheat oven to 375 degrees F (190 degrees C). Spray cookie sheets with non-stick spray.

Beat egg whites until frothy.

Add cream of tartar and salt. Beat until very stiff.

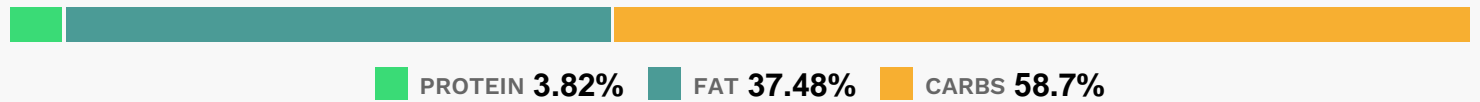
Add sugar slowly by teaspoonful. Beat until glossy.

Fold in vanilla, food coloring, and chips.

Drop by spoonfuls onto greased sheet.

Place in oven. turn OFF the oven. Leave til oven is cold. DO NOT OPEN THE DOOR TO PEEK ...
THE COOKIES WILL TURN GUMMY!!!

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:0.68999999510529%

Nutrients (% of daily need)

Calories: 39.29kcal (1.96%), Fat: 1.66g (2.55%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.49g (2%), Sugar: 5.15g (5.72%), Cholesterol: 0.26mg (0.09%), Sodium: 9.18mg (0.4%), Alcohol: 0.01g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.38g (0.76%), Manganese: 0.06mg (2.86%), Copper: 0.05mg (2.7%), Magnesium: 7.67mg (1.92%), Iron: 0.27mg (1.53%), Fiber: 0.34g (1.37%), Phosphorus: 11.31mg (1.13%)