



Forgotten Mint Meringue Surprises

 Vegetarian  Gluten Free  Low Fod Map

READY IN



495 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon cream of tartar
- 2 egg whites
- 0.3 teaspoon food coloring green
- 30 milk chocolate candy kisses kisses® (such as Hershey's)
- 0.3 teaspoon peppermint extract
- 0.1 teaspoon salt
- 0.8 teaspoon vanilla extract
- 0.7 cup sugar white

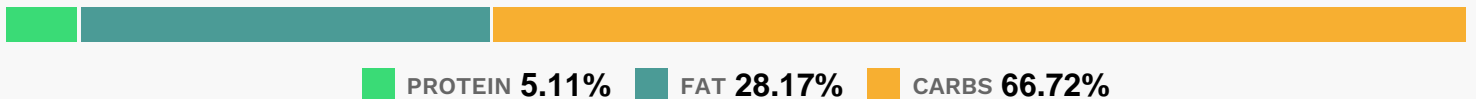
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Combine egg whites, cream of tartar, salt, vanilla extract, peppermint extract, and green food coloring in a large bowl. Use an electric mixer to beat until soft peaks form.
- Beat sugar into egg whites one tablespoon at a time. Continue to beat until stiff peaks form, and mixture is glossy and very smooth, 4 to 5 minutes.
- Drop the meringue by half teaspoons onto prepared cookie sheet; top with chocolate kisses. Spoon a scant teaspoon of meringue over chocolate, and smooth to cover completely.
- Place cookies in the preheated oven; turn oven off. Leave meringues in oven overnight, or until oven has cooled completely.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:3.1, Inflammation Score:1, Nutrition Score:0.14304347838397%

Nutrients (% of daily need)

Calories: 41.08kcal (2.05%), Fat: 1.37g (2.1%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 7.16g (2.6%), Sugar: 7.05g (7.84%), Cholesterol: 1.15mg (0.38%), Sodium: 16.99mg (0.74%), Alcohol: 0.05g (100%), Alcohol %: 0.51% (100%), Protein: 0.56g (1.11%)