



## Forgotten Party Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



40

CALORIES



15 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

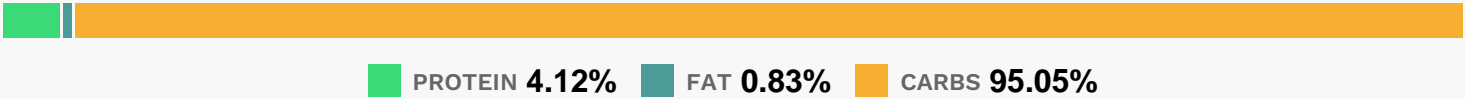
### Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ Beat egg whites until stiff.
- ☐ Add cream of tartar and salt. Beat until stiff.
- ☐ Add sugar and beat until glossy.
- ☐ Add vanilla (or any flavoring) and any coloring, if desired.
- ☐ Add chocolate chips, nuts or raisins if desired.
- ☐ Drop on greased sheet.
- ☐ Place in preheated oven and turn heat off. Leave for 4–6 hours or over night. Do not double recipe as oven will not hold the cookies.

## Nutrition Facts



## Properties

Glycemic Index:1.75, Glycemic Load:2.62, Inflammation Score:0, Nutrition Score:0.060869565638511%

## Nutrients (% of daily need)

Calories: 15.46kcal (0.77%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.78g (1.37%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 3.52mg (0.15%), Alcohol: 0.02g (100%), Alcohol %: 0.41% (100%), Protein: 0.16g (0.33%)