



Forgotten Puffs (Chocolate Chip Meringue Cookies)



Gluten Free



Dairy Free



Low Fod Map

READY IN



315 min.

SERVINGS



36

CALORIES



51 kcal

SIDE DISH

Ingredients

- 1 cup chocolate chips miniature
- 2 egg whites
- 0.5 cup pecans chopped
- 1 teaspoon vanilla extract
- 0.7 cup sugar white

Equipment

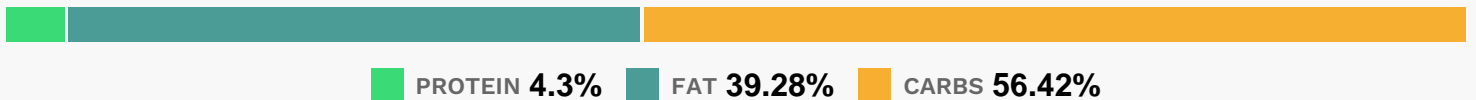
- bowl

- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- Beat egg whites in a glass or metal bowl until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- Add vanilla extract and stir. Fold chocolate chips and pecans into the mixture. Drop by teaspoonful onto prepared baking sheet.
- Bake in preheated oven for 1 minute. Turn oven off and let cookies continue to bake as the oven cools until light and crispy, 5 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:0.49304347703962%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 51.01kcal (2.55%), Fat: 2.27g (3.5%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 7.07g (2.57%), Sugar: 6.91g (7.68%), Cholesterol: 0.75mg (0.25%), Sodium: 6.21mg (0.27%), Alcohol: 0.04g (100%), Alcohol %: 0.4% (100%), Protein: 0.56g (1.12%), Manganese: 0.07mg (3.44%), Fiber: 0.28g (1.12%)