



Fresh Mint Kisses



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large egg whites
- ☐ 2 teaspoons mint leaves fresh minced
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

Equipment

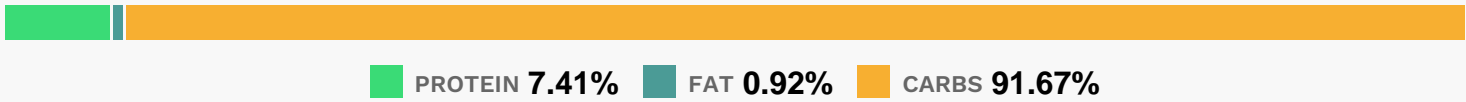
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 30
- ☐ Beat salt and egg whites with a mixer at high speed until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add mint; beat until blended.
- ☐ Spoon mixture into a large zip-top plastic bag. Snip off a 1/2-inch opening in 1 bottom corner of bag. Pipe 108 (1-inch-round) mounds onto 3 parchment-lined baking sheets.
- ☐ Bake at 300 for 25 minutes or until dry. Cool on baking sheet 5 minutes.
- ☐ Remove from pan.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:5.17, Inflammation Score:0, Nutrition Score:0.18304347740891%

Nutrients (% of daily need)

Calories: 31.39kcal (1.57%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 7.42g (2.7%), Sugar: 7.43g (8.26%), Cholesterol: 0mg (0%), Sodium: 41.51mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Selenium: 1.14µg (1.64%), Vitamin B2: 0.03mg (1.5%)