



Frosty Snowman Meringues

 Dairy Free

READY IN



660 min.

SERVINGS



18

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 3 egg whites
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.3 teaspoon almond extract
- ☐ 0.7 cup sugar
- ☐ 18 pretzel sticks thin ()
- ☐ 0.8 teaspoon semisweet chocolate chips miniature
- ☐ 18 pieces candy corn
- ☐ 54 m&m candies miniature

☐ 3 snack peppers (any flavor)

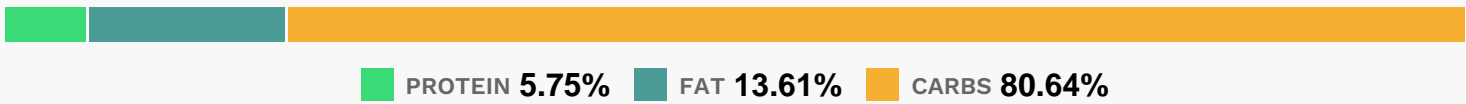
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 200°F. Line 2 cookie sheets with cooking parchment paper.
- ☐ In large bowl, beat egg whites, cream of tartar and almond extract with electric mixer on medium speed until soft peaks form. Gradually add sugar, 2 tablespoons at a time, beating on high speed until stiff glossy peaks form and sugar is almost dissolved.
- ☐ Spoon meringue mixture into large decorating bag fitted with 1/2-inch plain tip. For each snowman, squeeze and release bag in place to form 2-inch ball on cookie sheets. Lift bag; squeeze and release bag to form middle layer of snowman. Lift bag; squeeze and release bag to form top section of snowman. Insert pretzel stick pieces into sides of snowmen for arms.
- ☐ Place chocolate chips on snowmen for eyes, candy corn tips for noses and 3 miniature candies on each snowman for buttons.
- ☐ Bake 2 hours or until set and dry but not brown. Turn off oven; leave meringues in oven with door closed 8 hours. Decorate with fruit snacks for caps.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:5.57, Inflammation Score:-1, Nutrition Score:0.93869565621666%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.54kcal (2.73%), Fat: 0.84g (1.29%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 11g (4%), Sugar: 10.42g (11.58%), Cholesterol: 0.46mg (0.15%), Sodium: 19.9mg (0.87%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 0.8g (1.6%), Vitamin C: 6mg (7.28%), Vitamin A: 152.94IU (3.06%), Vitamin B2: 0.03mg (1.72%), Selenium: 1.09µg (1.56%)