



Fudgy Meringue Cookies



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 1 cup chocolate chips 61% divided (do not exceed cacao; 6 ounces)
- ☐ 2 teaspoons cornstarch
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites room temperature
- ☐ 1.5 cups powdered sugar divided
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

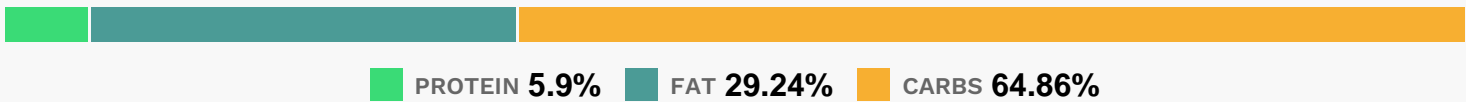
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 350°F. Coat 2 large rimmed baking sheets with nonstick spray.
- ☐ Place 1/2 cup chocolate chips in small microwave-safe bowl. Cook in 15-second intervals until chocolate softens; stir until melted and smooth. Cool chocolate to lukewarm, about 10 minutes.
- ☐ Whisk 1/2 cup sugar, cocoa, and cornstarch in small bowl to blend.
- ☐ Using electric mixer, beat room-temperature egg whites, vanilla, 1/8 teaspoon salt, and cream of tartar in medium bowl until soft peaks form.
- ☐ Add remaining 1 cup sugar in 4 additions, beating just to blend after each addition. Continue to beat until meringue is thick and glossy like marshmallow creme, about 2 minutes longer. Beat in cocoa mixture. Fold in melted chocolate, then 1/2 cup chips.
- ☐ Drop batter by rounded tablespoonfuls onto prepared sheets, spacing 3 inches apart.
- ☐ Bake cookies 7 minutes. Reverse sheets and bake until dry-looking and cracked, about 6 minutes. Cool cookies on sheets 5 minutes.
- ☐ Transfer cookies to racks and cool completely.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.9139130463743%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 112.12kcal (5.61%), Fat: 3.79g (5.82%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 17.79g (6.47%), Sugar: 14.92g (16.57%), Cholesterol: 0.11mg (0.04%), Sodium: 19.53mg (0.85%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.72g (3.44%), Copper: 0.09mg (4.52%), Fiber: 1.09g (4.37%), Manganese: 0.09mg (4.29%), Calcium: 36.8mg (3.68%), Zinc: 0.52mg (3.48%), Magnesium: 13.47mg (3.37%), Potassium: 109.45mg (3.13%), Phosphorus: 27.99mg (2.8%), Vitamin B2: 0.04mg (2.63%), Selenium: 1.74µg (2.49%), Iron: 0.41mg (2.26%), Vitamin E: 0.18mg (1.19%)