



Gluten-Free Mint Chocolate Chip Meringues

 Gluten Free  Dairy Free  Low Fod Map

READY IN



155 min.

SERVINGS



24

CALORIES



101 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cream of tartar
- 2 egg whites
- 4 drops drop natural food coloring green
- 0.3 teaspoon rum extract
- 1.5 cups semisweet chocolate chips miniature
- 2 teaspoons shortening
- 0.3 cup sugar

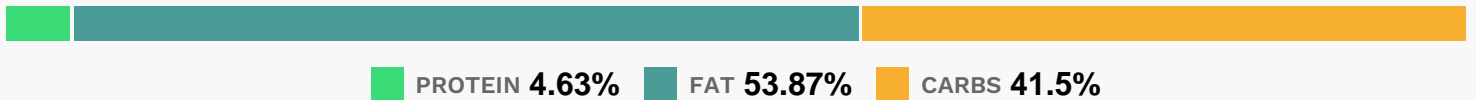
Equipment

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

Directions

- Heat oven to 200F. Line 2 large cookie sheets with cooking parchment paper.
- In medium bowl, beat egg whites and cream of tartar with electric mixer on low speed until foamy. Gradually add sugar, beating on high speed just until stiff peaks form. Beat in spearmint extract and food color. Fold in 1/2 cup of the chocolate chips. Onto cookie sheets, drop meringue by tablespoonfuls about 1 inch apart.
- Bake 2 hours. Turn oven off; let meringues stay in oven with door closed overnight.
- In small microwavable bowl, microwave shortening and remaining 1 cup chocolate chips uncovered on High 1 to 2 minutes, stirring every 30 seconds, until melted and chips can be stirred smooth. Dip bottom of each cookie into melted chocolate. Return to cookie sheets; let stand 2 hours until chocolate is set. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:2.3347826080964%

Nutrients (% of daily need)

Calories: 101.32kcal (5.07%), Fat: 6.09g (9.37%), Saturated Fat: 3.36g (21%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.37g (3.41%), Sugar: 8.22g (9.13%), Cholesterol: 0.89mg (0.3%), Sodium: 5.69mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.72mg (4.24%), Protein: 1.18g (2.35%), Manganese: 0.2mg (9.82%), Copper: 0.19mg (9.27%), Magnesium: 26.3mg (6.58%), Iron: 0.94mg (5.22%), Fiber: 1.18g (4.73%), Phosphorus: 38.82mg (3.88%), Potassium: 93.13mg (2.66%), Zinc: 0.39mg (2.62%), Selenium: 1.76µg (2.51%), Vitamin K: 1.28µg (1.22%), Vitamin B2: 0.02mg (1.1%)