

# Good Meringue

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon cream of tartar
- 3 egg whites
- 0.8 cup sugar white

## Equipment

- bowl
- hand mixer

## Directions

- In large bowl, beat egg whites and cream of tartar with electric mixer until foamy. Gradually add sugar, beating until mixture forms stiff peaks.

## Nutrition Facts



**PROTEIN 6.06%** **FAT 0.88%** **CARBS 93.06%**

## Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:1, Nutrition Score:0.39695652282756%

## Nutrients (% of daily need)

Calories: 78.28kcal (3.91%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.81g (6.84%), Sugar: 18.79g (20.88%), Cholesterol: 0mg (0%), Sodium: 18.91mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Selenium: 2.36µg (3.38%), Vitamin B2: 0.05mg (3.11%)