



Hazelnut Chocolate Chip Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 2 egg whites
- ☐ 1 cup hazelnuts — toasted coarsely chopped
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.3 cup splenda brown sugar blend or
- ☐ 0.5 teaspoon vanilla extract

Equipment

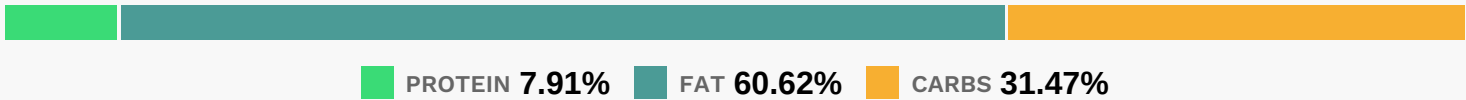
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Line cookie sheets with parchment or Silpat.In a medium bowl, beat egg whites until stiff peaks form. Beat in vanilla and brown sugar blend or brown sugar. Fold in nuts and chips.Line a cookie sheet with parchment paper. Drop dough on paper with a rounded teaspoon.
- ☐ Bake for about 15 minutes or until golden.
- ☐ Remove from oven and let cookies cool on baking sheet. If you'd prefer a crispier cookie, turn off heat in oven and let cookies sit in closed oven for a while. These freeze very well.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.0021739302446%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 79.89kcal (3.99%), Fat: 5.34g (8.21%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 5.32g (1.93%), Sugar: 4.88g (5.43%), Cholesterol: 0.2mg (0.07%), Sodium: 5.88mg (0.26%), Alcohol: 0.04g (100%), Alcohol %: 0.29% (100%), Protein: 1.57g (3.13%), Manganese: 0.46mg (22.82%), Copper: 0.16mg (7.86%), Vitamin E: 1.02mg (6.8%), Magnesium: 17.11mg (4.28%), Fiber: 0.91g (3.65%), Vitamin B1: 0.04mg (2.94%), Iron: 0.53mg (2.93%), Phosphorus: 28.51mg (2.85%), Potassium: 69.83mg (2%), Vitamin B6: 0.04mg (1.94%), Folate: 7.67µg (1.92%), Zinc: 0.25mg (1.69%), Selenium: 1.11µg (1.58%), Vitamin B2: 0.02mg (1.41%), Vitamin K: 1.19µg (1.13%)