

# Ladyfingers



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



36

CALORIES



32 kcal

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 4 eggs separated
- 0.9 cup flour all-purpose
- 0.7 cup sugar white

## Equipment

- bowl
- baking sheet
- oven

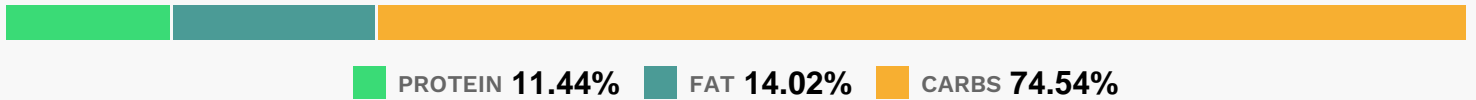
wax paper

pastry bag

## Directions

- Preheat oven to 400 degrees F (205 degrees C). Line two 17 x 12 inch baking sheets with baking parchment. Fit large pastry bag with a plain 1/2 inch round tube.
- Place egg whites in bowl and beat on high until soft peaks start to form. Slowly add 2 tablespoons of the sugar and continue beating until stiff and glossy. In another bowl beat egg yolks and remaining sugar. Whip until thick and very pale in color.
- Sift flour and baking powder together on a sheet of wax paper. Fold half the egg whites into the egg yolk mixture. Fold in flour, and then add the remaining egg whites.
- Transfer mixture to pastry bag and pipe out onto prepared baking sheet.
- Bake 8 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.59, Glycemic Load:4.28, Inflammation Score:-1, Nutrition Score:0.8921739143198%

## Nutrients (% of daily need)

Calories: 32.34kcal (1.62%), Fat: 0.51g (0.78%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.98g (2.17%), Sugar: 3.72g (4.14%), Cholesterol: 18.19mg (6.06%), Sodium: 12.93mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Selenium: 2.55µg (3.65%), Vitamin B2: 0.04mg (2.24%), Folate: 7.86µg (1.96%), Vitamin B1: 0.03mg (1.72%), Phosphorus: 14.18mg (1.42%), Iron: 0.23mg (1.3%), Manganese: 0.02mg (1.11%)