



Marvelous Meringues

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon cream of tartar
- 3 large egg whites
- 0.3 cup coarsely peppermint candies crushed
- 0.8 cup sugar
- 0.5 teaspoon vanilla

Equipment

- bowl
- frying pan

- baking sheet
- oven
- whisk
- hand mixer
- spatula

Directions

- In a bowl, with an electric mixer (fitted with whisk attachment) on high speed, beat egg whites and cream of tartar until thick and foamy. Gradually add sugar and continue to beat until mixture holds stiff, shiny peaks. Beat in vanilla, then fold in candy.
- Spoon meringue in 1 1/2- to 2-inch-wide mounds, about 1 inch apart, onto cooking parchment-lined or buttered and floured 12- by 15-inch baking sheets (see notes).
- Bake in a 200 oven until meringues are white to ivory-colored and give slightly when gently pressed, 1 1/4 to 1 1/2 hours; switch pan positions halfway through baking. Turn off heat and leave meringues in closed oven for 1 hour.
- Slide a spatula under meringues to release.

Nutrition Facts



PROTEIN 5.54% **FAT 19.18%** **CARBS 75.28%**

Properties

Glycemic Index:1.75, Glycemic Load:2.62, Inflammation Score:0, Nutrition Score:0.10130434872016%

Nutrients (% of daily need)

Calories: 23.99kcal (1.2%), Fat: 0.53g (0.81%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.66g (1.69%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 5.09mg (0.22%), Alcohol: 0.02g (100%), Alcohol %: 0.28% (100%), Protein: 0.34g (0.69%)