



Melt-In-The-Mouth Cashew Meringues



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



100

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cashew nuts finely chopped
- ☐ 4 cups confectioners' sugar sifted
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 egg whites room temperature
- ☐ 1 teaspoon vanilla extract

Equipment

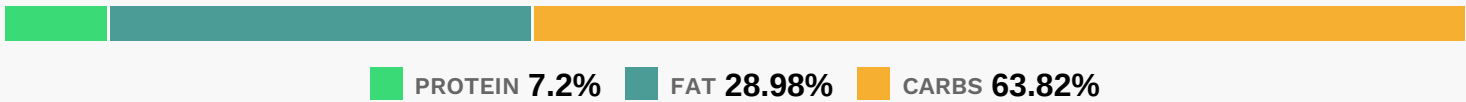
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Line two cookie sheets with parchment paper.
- ☐ In a large dry glass or metal bowl whip egg whites until soft peaks form.
- ☐ Add vanilla, cream of tartar, and cornstarch, and continue whipping at medium speed while gradually adding the confectioners sugar 1/4 cup at a time. Whip until the whites have a nice peak, but not stiff. Fold in cashew pieces with a rubber spatula. Drop rounded teaspoonfuls 2 inches apart onto the prepared cookie sheets.
- ☐ Bake for about 15 minutes in the preheated oven, until the edges are lightly browned. Cool on wire racks. Store in an airtight container at room temperature when completely cooled.

Nutrition Facts



Properties

Glycemic Index:0.25, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.70217391168294%

Nutrients (% of daily need)

Calories: 33.97kcal (1.7%), Fat: 1.13g (1.74%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.86g (5.4%), Cholesterol: 0mg (0%), Sodium: 2.91mg (0.13%), Alcohol: 0.01g (100%), Alcohol %: 0.19% (100%), Protein: 0.63g (1.27%), Copper: 0.06mg (2.87%), Manganese: 0.04mg (2.16%), Magnesium: 7.7mg (1.93%), Phosphorus: 15.53mg (1.55%), Selenium: 0.84µg (1.2%)