



Meringue



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



65 kcal

SIDE DISH

Ingredients



3 egg whites



0.3 teaspoon salt



6 tablespoons sugar

Equipment

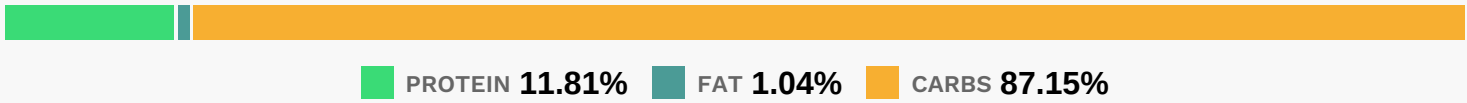


hand mixer

Directions

- ☐
- Beat egg whites and salt at high speed with an electric mixer until foamy.
- ☐
- Add sugar, 1 tablespoon at a time, beating until soft peaks form and sugar dissolves (about 1 to 2 minutes).

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:10.05, Inflammation Score:0, Nutrition Score:0.58260869461557%

Nutrients (% of daily need)

Calories: 64.8kcal (3.24%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 14.47g (5.26%), Sugar: 14.5g (16.11%), Cholesterol: 0mg (0%), Sodium: 146.3mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Selenium: 3.69µg (5.27%), Vitamin B2: 0.08mg (4.81%)