



Meringue Bites



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



570 min.

SERVINGS



40

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 0.7 cup splenda® sugar blend
- ☐ 1 teaspoon vanilla extract

Equipment

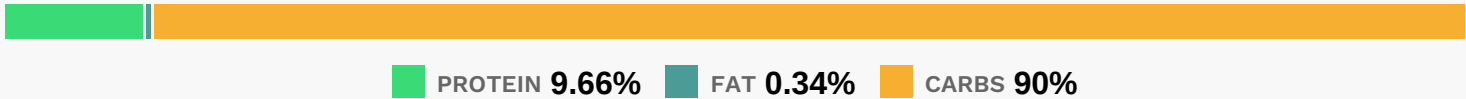
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ hand mixer

Directions

- ☐ Preheat oven to 250 degrees F. Line baking sheets with parchment paper.
- ☐ Beat egg whites, cream of tartar, and vanilla at high speed with an electric mixer until foamy.
- ☐ Add SPLENDA® Sugar Blend for Baking, 1 tablespoon at a time, beating until stiff peaks form and SPLENDA® Sugar Blend for Baking dissolves.
- ☐ Spoon heaping tablespoonfuls of mixture onto baking sheets.
- ☐ Bake 1 hour and 15 minutes; turn oven off. (If meringues begin to brown, reduce oven temperature to 225 degrees).
- ☐ Let meringues stand in oven, with door closed and oven light on for 8 hours or overnight. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.10043478214546%

Nutrients (% of daily need)

Calories: 16.9kcal (0.84%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 3.05g (1.11%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0.03g (100%), Alcohol %: 0.71% (100%), Protein: 0.33g (0.65%)