



Meringue Bones



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



36

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 egg whites
- ☐ 1 pinch salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups sugar white

Equipment

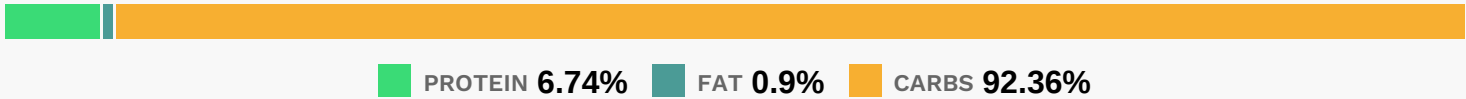
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pastry bag

Directions

- ☐ Preheat oven to 225 degrees F (110 degrees C). Line 2 baking sheets with aluminum foil and grease the foil.
- ☐ Beat egg whites with cream of tartar and salt in a bowl with an electric mixer until egg whites are foamy. Gradually beat in sugar, a few tablespoons at a time, beating until the sugar dissolves in the meringue before adding more. Continue beating until the meringue is glossy and forms a sharp peak when beaters are lifted straight up out of the bowl; beat in vanilla extract. Spoon the meringue into a pastry bag fitted with a small tip.
- ☐ Pipe meringue into small bone shapes on the prepared aluminum foil. You must pipe all the shapes at once or the meringue will deflate.
- ☐ Place cookie sheets into the preheated oven and bake for 1 hour. No not open oven door or peek during baking. Turn the oven off and let the meringue bones cool in the oven without opening door for 1 hour. Gently and carefully remove cookies from aluminum to prevent broken bones.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:5.17, Inflammation Score:0, Nutrition Score:0.17869565198603%

Nutrients (% of daily need)

Calories: 31.87kcal (1.59%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.47g (2.72%), Sugar: 7.46g (8.28%), Cholesterol: 0mg (0%), Sodium: 9.49mg (0.41%), Alcohol: 0.08g (100%), Alcohol %: 0.76% (100%), Protein: 0.55g (1.09%), Selenium: 1.04µg (1.49%), Vitamin B2: 0.02mg (1.39%)