



Meringue Candy Canes



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



42

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 egg whites
- ☐ 0.5 teaspoon cream of tartar
- ☐ 0.8 cup sugar
- ☐ 0.3 teaspoon peppermint extract
- ☐ 1 serving purple gel food coloring red

Equipment

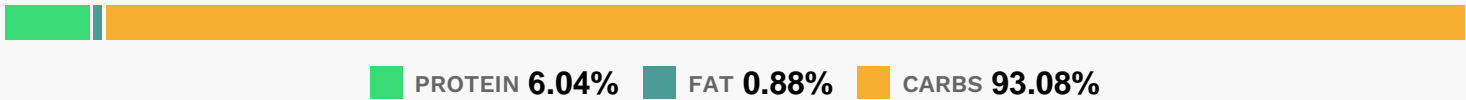
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200°F. Line 2 cookie sheets with cooking parchment paper or foil. In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until foamy. Gradually add sugar, 1 tablespoon at a time, beating until meringue is stiff and glossy. Beat in peppermint extract.
- ☐ Fit large decorating bag with 1/4-inch star tip. With small brush, paint 3 to 4 evenly spaced stripes of food color on inside of decorating bag, from tip to upper edge. Carefully spoon meringue into bag. Pipe 2 1/2-inch candy canes onto paper-lined cookie sheets.
- ☐ Bake about 1 hour or until dry but not brown.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:2.49, Inflammation Score:0, Nutrition Score:0.07999999837383%

Nutrients (% of daily need)

Calories: 15.02kcal (0.75%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.6g (1.31%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 3.61mg (0.16%), Alcohol: 0.01g (100%), Alcohol %: 0.18% (100%), Protein: 0.23g (0.47%)