

# Meringue Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



69 kcal

DESSERT

## Ingredients

- 0.1 teaspoon cream of tartar
- 2 egg whites
- 0.1 teaspoon salt
- 1 cup semi chocolate chips
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

## Equipment

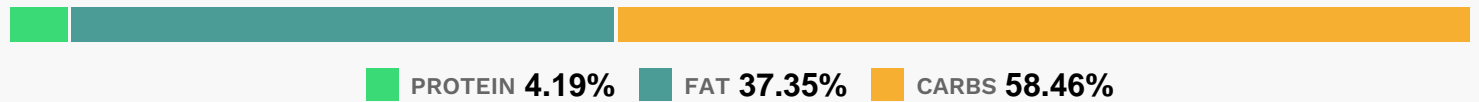
- frying pan

- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 300 degrees F (150 degrees C). To prevent burning you can bake on an air cushion baking sheet or put parchment paper on a regular cookie sheet.
- Beat egg whites, salt, cream of tartar, and vanilla until very firm. Gradually add sugar and mix. Fold in chocolate chips.
- Drop by teaspoonfuls on pan.
- Bake 300 degrees for 25 minutes. They should only be lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.2234782517442%

## Nutrients (% of daily need)

Calories: 69.31kcal (3.47%), Fat: 2.9g (4.46%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.61g (3.49%), Sugar: 9.03g (10.03%), Cholesterol: 0.45mg (0.15%), Sodium: 17.1mg (0.74%), Alcohol: 0.06g (100%), Alcohol %: 0.44% (100%), Caffeine: 6.45mg (2.15%), Protein: 0.73g (1.46%), Manganese: 0.1mg (5.02%), Copper: 0.09mg (4.74%), Magnesium: 13.5mg (3.37%), Iron: 0.48mg (2.67%), Fiber: 0.6g (2.4%), Phosphorus: 19.89mg (1.99%), Selenium: 1.17µg (1.67%), Potassium: 49.55mg (1.42%), Zinc: 0.2mg (1.34%)