

Meringue Ghosts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 16 pieces semisweet chocolate miniature
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla

Equipment

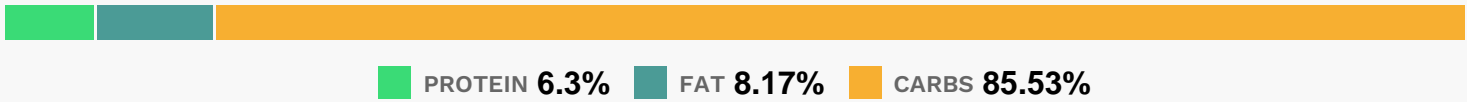
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Line 2 baking sheets (each 14 by 17 in.) with cooking parchment, or butter sheets and dust with flour.
- ☐ In a deep bowl, with a mixer at high speed, whip egg whites and cream of tartar to a thick foam. Continuing to beat, add sugar, 1 tablespoon every 30 seconds, then whip until meringue holds very stiff peaks.
- ☐ Beat in vanilla. If using cooking parchment, smear a little meringue on the underside of each corner to make it stick to baking sheets.
- ☐ Spoon meringue into a pastry bag fitted with a 1/2-inch plain tip (or spoon into a gallon-size heavy plastic food bag, then cut off 1 corner to make a 1/2-inch-wide opening). Pipe meringue onto baking sheets into ghostly shapes about 1/4 to 1/2 inch thick, 2 to 4 inches wide, and 4 to 6 inches long, spacing about 2 inches apart. To make eyes (noses and mouths, if desired) press chocolate chips lightly into meringue.
- ☐ Bake in a 200 oven until meringues begin to turn pale gold and are firm to touch, 1 1/4 to 1 1/2 hours (1 to 1 1/4 hours in a convection oven); switch pan positions halfway through baking. Turn off heat and leave meringues in closed oven for 1 hour.
- ☐ Slide a spatula under meringues to release.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-1, Nutrition Score:0.75913043854677%

Nutrients (% of daily need)

Calories: 91.41kcal (4.57%), Fat: 0.85g (1.3%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 19.8g (7.2%), Sugar: 19.57g (21.74%), Cholesterol: 0.12mg (0.04%), Sodium: 21.05mg (0.92%),

Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 1.47g (2.94%), Selenium: 2.76µg (3.94%), Vitamin B2: 0.06mg (3.48%), Potassium: 63.19mg (1.81%), Manganese: 0.03mg (1.48%), Copper: 0.03mg (1.48%), Magnesium: 4.91mg (1.23%)