



Meringue Hearts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 4 servings chocolate shaved with a vegetable peeler from a chunk of white chocolate white
- ☐ 0.1 teaspoon cream of tartar
- ☐ 1 egg whites
- ☐ 1 cup strawberry yogurt frozen softened
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla

Equipment

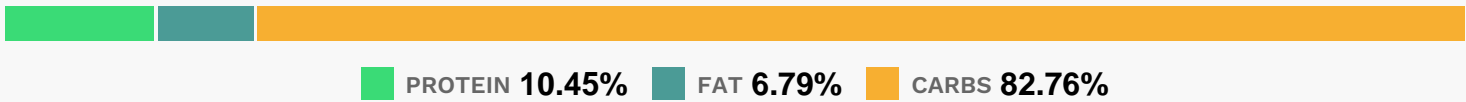
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ With an electric mixer, beat egg white and cream of tartar until very foamy. Gradually sprinkle in sugar, about 1 tbsp. at a time, beating well after each addition. Beat until meringue holds very stiff, shiny peaks, at least 10 minutes.
- ☐ Add vanilla; beat about 30 seconds longer.
- ☐ Preheat oven to 22
- ☐ Cover a baking sheet with parchment. On it, draw 4 heart shapes, each 3 in. at the widest point. Turn parchment over and, with a knife, spread meringue 1/4 in. thick over each heart shape, building up sides so they stand an additional 1/2 to 3/4 in. high.
- ☐ Bake meringues for 45 minutes. Turn off oven and let meringues dry in oven for 1 1/2 hours. If making ahead, see Notes.
- ☐ About 1 to 2 hours before serving, fill each meringue with softened frozen yogurt.
- ☐ Place in freezer and chill until firm, at least 1 hour. Top hearts with white chocolate curls and serve.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:9.14, Inflammation Score:1, Nutrition Score:1.5400000113346%

Nutrients (% of daily need)

Calories: 120.85kcal (6.04%), Fat: 0.93g (1.42%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 25.19g (9.16%), Sugar: 23.68g (26.32%), Cholesterol: 5.72mg (1.91%), Sodium: 47.23mg (2.05%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.2g (6.41%), Vitamin B2: 0.15mg (8.74%), Calcium: 68.82mg (6.88%), Vitamin B12: 0.33µg (5.51%), Phosphorus: 50.68mg (5.07%), Potassium: 139.59mg (3.99%), Selenium: 1.62µg (2.31%)