

Meringue II

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

Ingredients

- 1 tablespoon cornstarch
- 0.3 teaspoon cream of tartar
- 3 egg whites
- 1 pinch salt
- 0.5 teaspoon vanilla extract
- 0.5 cup water
- 6 tablespoons sugar white

Equipment

- bowl
- sauce pan
- oven

Directions

- In a small saucepan, combine water, 2 tablespoons sugar, and cornstarch. Cook over low heat until clear, stirring constantly.
- Remove from heat.
- In a large glass or metal bowl, beat egg whites, cream of tartar, and salt until mixture is foamy.
- Mix in vanilla, then gradually add the 6 tablespoons sugar, beating constantly until meringue forms soft peaks. Gradually pour in cornstarch mixture, beating until stiff.
- Spread over top of pie and seal to the crust. Brown in oven if desired.

Nutrition Facts

  **PROTEIN 10.79%**  **FAT 0.96%**  **CARBS 88.25%**

Properties

Glycemic Index:7.01, Glycemic Load:5.03, Inflammation Score:0, Nutrition Score:0.3256521810494%

Nutrients (% of daily need)

Calories: 36.22kcal (1.81%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 8.03g (2.92%), Sugar: 7.27g (8.08%), Cholesterol: 0mg (0%), Sodium: 19.61mg (0.85%), Alcohol: 0.07g (100%), Alcohol %: 0.3% (100%), Protein: 0.98g (1.97%), Selenium: 1.87µg (2.67%), Vitamin B2: 0.04mg (2.42%)