



Meringue mousse base



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



143 kcal

DESSERT

Ingredients

☐ 3 egg whites

☐ 25 g sugar

Equipment

☐ bowl

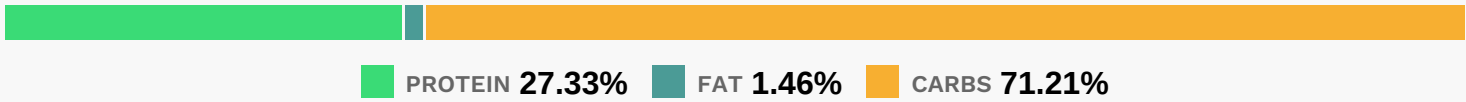
☐ whisk

☐ blender

Directions

- ☐ Ensure the mixer bowl and whisk attachment are clean and grease-free.
- ☐ Whisk the egg whites until they form stiff peaks, then whisk in a third of the sugar for about 30 secs.
- ☐ Add the remaining sugar in 2 batches until the meringue is glossy. Use within about 10 mins of making.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:2.8417391686336%

Nutrients (% of daily need)

Calories: 143.05kcal (7.15%), Fat: 0.23g (0.36%), Saturated Fat: 0g (0%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 25.56g (9.29%), Sugar: 25.59g (28.43%), Cholesterol: 0mg (0%), Sodium: 149.65mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Selenium: 18.15µg (25.93%), Vitamin B2: 0.4mg (23.52%), Potassium: 147.2mg (4.21%), Magnesium: 9.9mg (2.47%), Vitamin B5: 0.17mg (1.71%), Phosphorus: 13.5mg (1.35%), Vitamin B12: 0.08µg (1.35%), Copper: 0.02mg (1.12%)