



Meringue Mushrooms



Gluten Free



Dairy Free



Low Fod Map

READY IN



165 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature
- ☐ 0.8 cup granulated sugar
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 2 teaspoons cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ stand mixer
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Heat the oven to 200°F and arrange the racks to divide the oven into thirds. Line 2 baking sheets with parchment paper; set aside.
- ☐ Place the egg whites and cream of tartar in the clean, dry bowl of a stand mixer fitted with the whisk attachment and whisk on medium speed until soft peaks form. Increase the speed to high, gradually add 1/2 cup of the sugar about a tablespoon at a time, and whisk until stiff peaks form.
- ☐ Remove the bowl from the mixer. Using a rubber spatula, fold in the remaining 1/4 cup of sugar.
- ☐ Transfer the meringue to a pastry bag fitted with a 1/2-inch round tip. Pipe the stems and caps of the mushrooms: Pipe half of the meringue into pointed "kisses" about 1 inch high to make the stems on one of the prepared baking sheets. (Don't worry if the tips bend over or sag.) Pipe the remaining meringue into domes to make mushroom caps on the second baking sheet (make sure you have an equal number of stems and caps).
- ☐ Place the cocoa powder in a fine-mesh strainer and lightly dust it over the stems and caps. Fan or blow on the cocoa powder vigorously to blur it and give the mushrooms a realistic look.
- ☐ Place both baking sheets in the oven and bake until the meringues are crisp and completely dry, rotating the sheets from top to bottom and front to back halfway through, about 2 hours.
- ☐ Mix 3 tablespoons chestnut flour with the 1/4 cup of the sugar that is folded in at the end.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:2.62, Inflammation Score:-1, Nutrition Score:0.31913043145576%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg

Nutrients (% of daily need)

Calories: 24.07kcal (1.2%), Fat: 0.57g (0.87%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.4g (1.6%), Sugar: 4.28g (4.76%), Cholesterol: 0.09mg (0.03%), Sodium: 4.3mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Manganese: 0.02mg (1.06%), Copper: 0.02mg (1.02%)