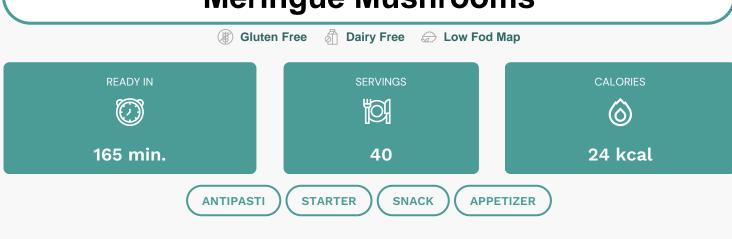


# **Meringue Mushrooms**



# **Ingredients**

O.1 teaspoon cream of tartar
3 large egg whites at room temperature
O.8 cup granulated sugar
2 ounces bittersweet chocolate finely chopped
2 teaspoons cocoa powder unsweetened

# **Equipment**

Ш	bowl
	baking sheet

	baking paper	
	oven	
	whisk	
	sieve	
	blender	
	stand mixer	
	spatula	
	pastry bag	
Diı	rections	
	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		
	PROTEIN 5.94% FAT 20.64% CARBS 73.42%	

### **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

### **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%)