



Meringue Mushrooms



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips melted
- ☐ 0.5 cup caster sugar
- ☐ 0.3 teaspoon vanilla extract

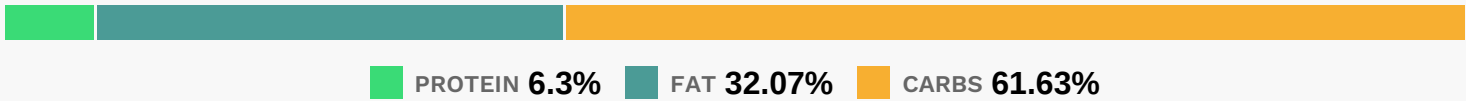
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Combine first 5 ingredients; beat at high speed of an electric mixer until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes).
- ☐ Spoon mixture into a decorating bag fitted with a large round tip. Pipe 32 (1 1/4"-wide) mounds to resemble mushroom caps and 32 (1"-tall) columns to resemble stems onto a parchment paper-lined baking sheet.
- ☐ Bake at 200 for 1 hour and 30 minutes; turn oven off.
- ☐ Let meringues stand in closed oven 2 hours.
- ☐ Spread a thin layer of melted chocolate on flat side of caps. Trim rounded end of stems to make flat; press against chocolate to attach stems to caps.
- ☐ Sprinkle caps lightly with cinnamon or cocoa.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:0.5973913067061%

Nutrients (% of daily need)

Calories: 30.33kcal (1.52%), Fat: 1.09g (1.68%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.44g (1.61%), Sugar: 4.18g (4.65%), Cholesterol: 0.17mg (0.06%), Sodium: 14.1mg (0.61%), Alcohol: 0.02g (100%), Alcohol %: 0.3% (100%), Protein: 0.48g (0.97%), Manganese: 0.06mg (2.99%), Copper: 0.04mg (1.82%), Magnesium: 5.34mg (1.34%), Fiber: 0.29g (1.17%), Selenium: 0.82µg (1.17%), Iron: 0.19mg (1.07%)