

Meringue Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 teaspoons cocoa
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 32 servings try build-a-meal
- ☐ 0.1 teaspoon salt
- ☐ 3 ounces semisweet chocolate morsels melted
- ☐ 0.5 cup caster sugar

☐ 0.3 teaspoon vanilla extract

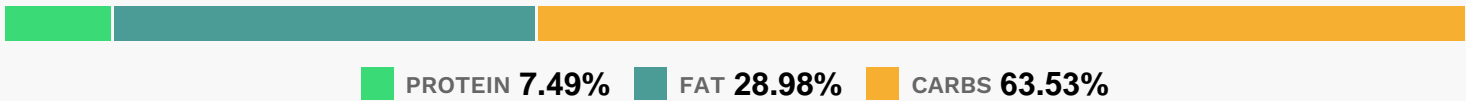
Equipment

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

Directions

- ☐ Combine first 5 ingredients; beat at high speed with 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-inch-wide) mounds to resemble mushroom caps and 32 (1-inch-tall) columns to resemble stems onto a parchment paper-lined baking sheet.
- ☐ Bake at 200 for 1 1/2 hours; 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 them flat; press stems against chocolate to attach them to caps.
- ☐ Sprinkle meringues lightly with cocoa.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:0.90652175304358%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 32.51kcal (1.63%), Fat: 1.07g (1.64%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.81g (1.75%), Sugar: 4.13g (4.59%), Cholesterol: 0.16mg (0.05%), Sodium: 14.09mg (0.61%), Alcohol: 0.02g (100%), Alcohol %: 0.28% (100%), Protein: 0.62g (1.24%), Manganese: 0.11mg (5.26%), Copper: 0.04mg (2.18%), Magnesium: 7.79mg (1.95%), Selenium: 1.32µg (1.89%), Fiber: 0.46g (1.85%), Phosphorus: 14.12mg (1.41%), Iron: 0.25mg (1.36%), Vitamin B2: 0.02mg (1.03%)