



## Meringue Skulls



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



8

CALORIES



52 kcal

SIDE DISH

## Ingredients



0.1 teaspoon cream of tartar



2 egg whites



0.5 cup granulated sugar



8 servings betty writing gel black for decorating the faces

## Equipment



bowl



baking sheet



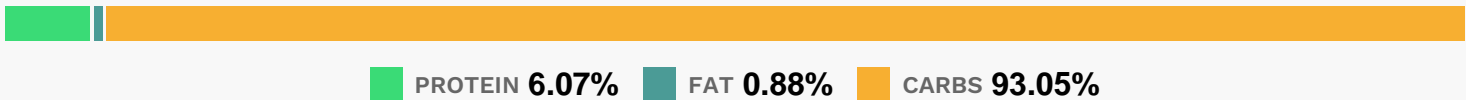
baking paper

- ☐ oven
- ☐ ziploc bags

## Directions

- ☐ Preheat oven to 225°F. Line a baking sheet with parchment paper. Set to the side.
- ☐ In a small bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating on high until stiff peaks form.
- ☐ Place mixture in a heavy-duty resealable plastic bag; cut a small hole in a corner of bag.
- ☐ On parchment-lined baking sheets, spoon the meringue mixture into 2-inch circles, then use the end of the spoon to lightly drag the end of the meringue into an elongated shape, so it looks circular on top with an elongated thinner end (skull-shaped!).
- ☐ Repeat with the remaining meringue.
- ☐ Bake for 1 hour and 15 to 30 minutes or until firm.
- ☐ Remove to wire racks.
- ☐ Directly before serving, use writing icing to decorate the skull faces: two black dots for eyes, and upside-down heart for a nose, and a rectangle with lines for teeth.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:0, Nutrition Score:0.26130434303828%

## Nutrients (% of daily need)

Calories: 52.15kcal (2.61%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.53g (4.56%), Sugar: 12.53g (13.92%), Cholesterol: 0mg (0%), Sodium: 12.6mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Selenium: 1.58µg (2.25%), Vitamin B2: 0.04mg (2.08%)