



Meringue Stars



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



84

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pinches cream of tartar divided
- ☐ 3.5 ounce bittersweet chocolate melted
- ☐ 3 large egg whites divided at room temperature
- ☐ 0.8 cup granulated sugar divided
- ☐ 1.5 teaspoons espresso powder
- ☐ 2 teaspoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 tablespoon vegetable oil

Equipment

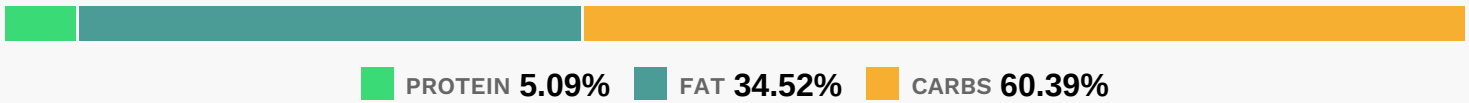
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ wax paper
- ☐ pastry bag

Directions

- ☐ Preheat oven to 200°F with racks in upper, middle, and lower thirds of oven (or use 2 racks and bake in batches). Line 2 or 3 large baking sheets with parchment paper.
- ☐ Beat 1 egg white with vanilla (for vanilla meringues) and a pinch each of cream of tartar and salt with an electric mixer at medium-high speed until it just holds soft peaks.
- ☐ Add 2 tablespoons superfine sugar, a little at a time, beating, then increase speed to high and beat until meringue holds stiff, glossy peaks. Fold in 2 tablespoons superfine sugar gently but thoroughly.
- ☐ Transfer meringue to a pastry bag fitted with tip, then dab some meringue under corners of parchment on all baking sheets to secure to sheets. Pipe 1-inch-wide stars (1 inch high) about 1/2 inch apart.
- ☐ Make coffee meringues using same amounts and procedure as above but using espresso powder (1 1/2 teaspoons) in place of vanilla.
- ☐ Sift cocoa through a fine-mesh sieve and whisk together with 2 tablespoons superfine sugar.
- ☐ Beat remaining egg white with a pinch each of cream of tartar and salt with mixer at medium-high speed until it just holds soft peaks.

- ☐ Add remaining 2 tablespoons superfine sugar, a little at a time, beating, then increase speed to high and beat until meringue holds stiff, glossy peaks. Fold in cocoa mixture gently but thoroughly.
- ☐ Transfer meringue to a pastry bag and pipe more stars.
- ☐ Bake, switching position of upper and lower sheets halfway through baking, until dry, crisp, and firm, 1 1/2 to 2 hours. (Meringues are done when they release from parchment.)
- ☐ Turn off oven and cool meringues in oven with door propped open about 1/2 inch using handle of a wooden spoon 1 hour, then slide parchment with meringues onto racks to cool completely.
- ☐ Line a large baking sheet with parchment or wax paper.
- ☐ Stir together chocolate and vegetable oil until completely smooth. Peel meringues off parchment, then dip bottom of each into chocolate, allowing excess to drip off.
- ☐ Transfer meringues to lined baking sheet, arranging as close together as possible, and when baking sheet is full, freeze meringues just until chocolate is set, about 3 minutes.
- ☐ Remove meringues from freezer.
- ☐ · We used a Wilton 2110/1M star tip for our meringues. An Ateco 885 swirl star tip also works well.· To avoid stickiness, try to bake meringues on a dry day.· Dipped meringues keep, layered between sheets of parchment or wax paper, in an airtight container at cool room temperature 1 week or frozen, container tightly wrapped in plastic wrap, 1 month. Thaw frozen meringues, still in wrapped container, until container reaches room temperature, at least 30 minutes. (Do not unwrap and open container until completely thawed.)

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:0.25608695784341%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Nutrients (% of daily need)

Calories: 16.1kcal (0.81%), Fat: 0.63g (0.96%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.36g (0.86%), Sugar: 2.23g (2.48%), Cholesterol: 0.07mg (0.02%), Sodium: 2.13mg (0.09%),

Alcohol: 0.02g (100%), Alcohol %: 0.47% (100%), Protein: 0.21g (0.42%)