



Meringue Topping



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



17

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon plus light
- ☐ 2 egg whites
- ☐ 1.3 cups sugar
- ☐ 1 teaspoon vanilla extract

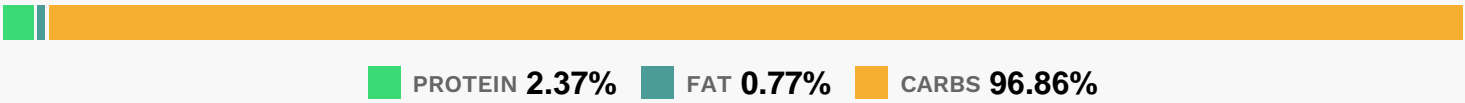
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Pour water to depth of 1 1/2 inches into a 3 1/2-qt. saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and let simmer.
- ☐ Meanwhile, combine egg whites, next 3 ingredients, and 1/4 cup water in a 2 1/2-qt. glass bowl; beat mixture at high speed with an electric mixer until blended.
- ☐ Place bowl over simmering water, and beat at high speed 5 to 7 minutes or until soft peaks form; remove from heat. Beat to spreading consistency (about 2 to 3 minutes). Use immediately.

Nutrition Facts



Properties

Glycemic Index:5.24, Glycemic Load:10.46, Inflammation Score:1, Nutrition Score:0.13869565263714%

Nutrients (% of daily need)

Calories: 62.79kcal (3.14%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 15.7g (5.71%), Sugar: 15.73g (17.47%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 0.08g (100%), Alcohol %: 0.52% (100%), Protein: 0.38g (0.77%), Selenium: 0.8µg (1.15%), Vitamin B2: 0.02mg (1.09%)