

Meringues

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 0.3 cup sugar

Equipment

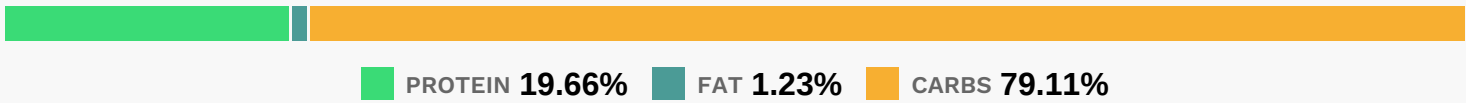
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ hand mixer

Directions

- ☐ Beat egg whites at medium speed with an electric mixer until foamy; add cream of tartar and almond extract, beating until blended. Gradually add sugar, beating until stiff peaks form and sugar dissolves.
- ☐ Pipe or spread mixture into small 2-inch cookie shapes or other desired shapes onto a parchment paper-lined baking sheet.
- ☐ Bake at 200 for 2 hours. Turn oven off; let stand in closed oven with light on 8 hours.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:1.16, Inflammation Score:0, Nutrition Score:0.14956521453417%

Nutrients (% of daily need)

Calories: 8.85kcal (0.44%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.7g (1.88%), Cholesterol: 0mg (0%), Sodium: 6.71mg (0.29%), Alcohol: 0.01g (100%), Alcohol %: 0.25% (100%), Protein: 0.44g (0.87%), Selenium: 0.81µg (1.16%), Vitamin B2: 0.02mg (1.05%)