

Meringues



Vegetarian

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READY IN

ready

205 min.

SERVINGS

servings

20

CALORIES

calories

97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chocolate chips mini
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature
- ☐ 1 teaspoon lime zest grated
- ☐ 1 pinch salt
- ☐ 0.8 cup caster sugar
- ☐ 20 servings sanding sugar assorted melted for decorating

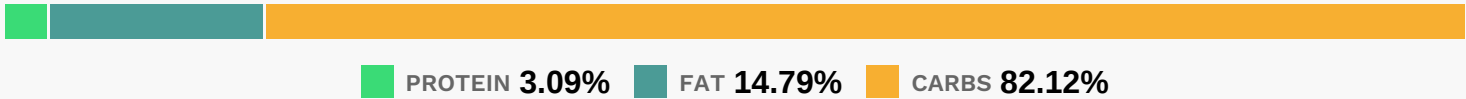
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ stand mixer
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 250 degrees F. Line 2 baking sheets with parchment.
- ☐ Place the egg whites and salt in the bowl of a stand mixer fitted with the whisk attachment (or use a hand mixer); beat on medium speed until frothy.
- ☐ Add the cream of tartar and increase the speed to medium high; beat in the sugar 1 tablespoon at a time, then add the extract or zest. Continue beating until the meringue is thick, glossy and holds stiff peaks, about 6 minutes.
- ☐ For colored cookies, swirl a few drops of food coloring into the meringue or use a small paintbrush to paint 3 long stripes of food coloring up the inside of a pastry bag. For chocolate chip versions, gently fold the mini chocolate chips into the mixture.
- ☐ Drop or pipe the meringue as desired, about 2 inches apart, on the prepared baking sheets.
- ☐ Sprinkle with sanding sugar, if desired.
- ☐ Bake 1 hour, then turn off the oven and let the meringues stand in the oven until dry, about 2 hours. Top with or dip in melted chocolate and sprinkle with nonpareils.
- ☐ Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:5.24, Inflammation Score:1, Nutrition Score:0.24260869719412%

Nutrients (% of daily need)

Calories: 97.01kcal (4.85%), Fat: 1.6g (2.47%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 19.91g (7.24%), Sugar: 19.46g (21.62%), Cholesterol: 0.68mg (0.22%), Sodium: 13.33mg (0.58%), Alcohol: 0.07g (100%), Alcohol %: 0.32% (100%), Protein: 0.75g (1.51%), Selenium: 1.04µg (1.48%), Vitamin B2: 0.02mg (1.37%)