

# Merry Meringues

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**120 min.**

SERVINGS



**1**

CALORIES



**1290 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 tsp cream of tartar
- 4 egg whites
- 1 pkg jell-o lime flavor gelatin (4 serving size)
- 1 pkg jell-o strawberry flavor gelatin (4 serving size)
- 0.8 cup sugar

## Equipment

- bowl
- baking sheet

- baking paper
- oven
- hand mixer

## Directions

- Preheat oven to 225F. Beat egg whites and cream of tartar in small bowl with electric mixer on high speed 5 minutes or until soft peaks form. Gradually add sugar, 1 Tbsp. at a time, beating on high speed until stiff peaks form.
- Drop tablespoonfuls of the egg white mixture onto baking sheet covered with parchment paper.
- Sprinkle each meringue lightly with dry gelatin powders.
- Bake 50 minutes. Turn oven off. Prop oven door open slightly; let meringues stand in oven for 1 hour or until completely cooled.

## Nutrition Facts

 **PROTEIN 7.92%**  **FAT 0.46%**  **CARBS 91.62%**

## Properties

Glycemic Index:70.09, Glycemic Load:104.72, Inflammation Score:1, Nutrition Score:6.7356521452413%

## Nutrients (% of daily need)

Calories: 1289.54kcal (64.48%), Fat: 0.68g (1.05%), Saturated Fat: 0g (0%), Carbohydrates: 304.59g (101.53%), Net Carbohydrates: 304.59g (110.76%), Sugar: 296.82g (329.8%), Cholesterol: 0mg (0%), Sodium: 993.29mg (43.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Selenium: 36.29µg (51.84%), Vitamin B2: 0.63mg (36.76%), Phosphorus: 257.74mg (25.77%), Copper: 0.24mg (12.01%), Potassium: 334.25mg (9.55%), Magnesium: 16.61mg (4.15%), Vitamin B5: 0.25mg (2.52%), Folate: 9.9µg (2.48%), Iron: 0.42mg (2.33%), Manganese: 0.04mg (1.97%), Vitamin B12: 0.11µg (1.8%), Calcium: 15.06mg (1.51%)