



Microwave meringues in minutes



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 300 g powdered sugar
- 1 egg whites lightly beaten
- 6 servings whipped cream
- 6 servings fruit

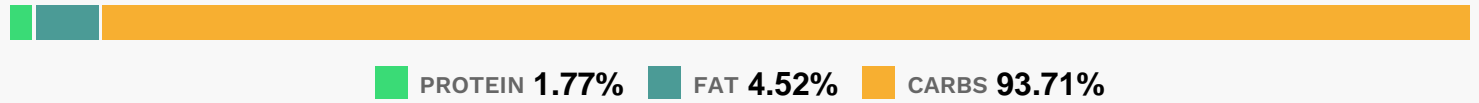
Equipment

- microwave

Directions

- Sift 300g of icing sugar over 1 lightly beaten egg white. Stir until the mixture is a thick, pliable icing and roll into balls. Line a plate with kitchen paper.
- Put 3 balls at a time on the plate and microwave them on high for 1 mins and watch, in amazement, as the balls balloon and puff into meringues.
- When they are cool, use the meringues in desserts. Theyre perfect for sandwiching together with whipped cream and sliced tropical fruit.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:2.38086956869%

Nutrients (% of daily need)

Calories: 280.07kcal (14%), Fat: 1.46g (2.25%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 68.05g (22.68%), Net Carbohydrates: 66.15g (24.05%), Sugar: 62.75g (69.72%), Cholesterol: 4.56mg (1.52%), Sodium: 15.7mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin A: 398.97IU (7.98%), Fiber: 1.9g (7.58%), Vitamin K: 5.57µg (5.3%), Copper: 0.09mg (4.71%), Vitamin B2: 0.06mg (3.75%), Potassium: 123.43mg (3.53%), Vitamin C: 2.61mg (3.16%), Vitamin B3: 0.47mg (2.37%), Iron: 0.4mg (2.25%), Phosphorus: 20.31mg (2.03%), Selenium: 1.38µg (1.98%), Magnesium: 7.14mg (1.78%), Manganese: 0.03mg (1.73%), Calcium: 12.84mg (1.28%), Vitamin B1: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.08%)