



Mocha Meringue Bark



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blanched slivered almonds divided
- ☐ 0.3 cup chocolate chips mini
- ☐ 4 egg whites
- ☐ 1 tablespoon espresso powder instant
- ☐ 1 pinch salt
- ☐ 1 teaspoon sugar

Equipment

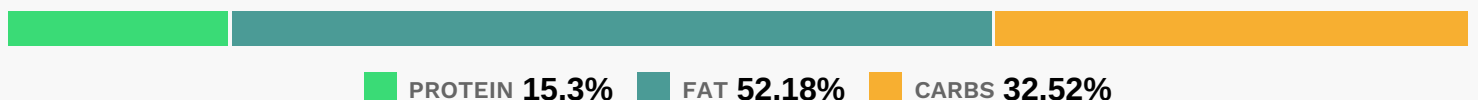
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ offset spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 250 degrees F. Line a rimmed baking sheet with a silicone baking mat or parchment paper.
- ☐ Put 1/4 cup blanched almonds and 1 teaspoon sugar into a food processor and pulse until it resembles cornmeal; reserve. Finely chop the remaining almonds.
- ☐ In a stand mixer with the whisk attachment, beat egg whites and salt until very soft peaks have formed. In a small bowl, stir together the remaining 1/4 cup sugar and espresso powder. With the mixer running on low, slowly add in the sugar and the espresso powder, 1 tablespoon at a time, whipping just to the stiff peak stage, (do not overbeat). Gently fold in the reserved almond flour.
- ☐ With a large offset spatula, spread the meringue batter on the lined baking sheet in an even layer, about 1/2-inch thick.
- ☐ Sprinkle the finely chopped almonds and chocolate chips evenly over the surface of the meringue and bake for 1 hour. Turn the oven off, leaving the meringue in the oven to dry out further and cool for an additional 1 hour.
- ☐ Note: If meringue gets chewy, put it back into a 200 degree F oven for about 30 minutes, turn off the oven and let dry inside the oven while it cools.
- ☐ To serve, break the meringue into pieces. Leftover meringues can be stored in an airtight container at room temperature in a dry cool place for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.4434782731468%

Nutrients (% of daily need)

Calories: 119.21kcal (5.96%), Fat: 7.1g (10.93%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.8g (3.2%), Sugar: 7.48g (8.31%), Cholesterol: 1.5mg (0.5%), Sodium: 48.48mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.17mg (8.72%), Protein: 4.69g (9.37%), Vitamin E: 2.14mg (14.25%), Manganese: 0.18mg (9.08%), Vitamin B2: 0.15mg (8.97%), Magnesium: 29.05mg (7.26%), Selenium: 4.4µg (6.28%), Copper: 0.1mg (4.91%), Phosphorus: 48.81mg (4.88%), Fiber: 1.16g (4.64%), Calcium: 35.43mg (3.54%), Potassium: 121.42mg (3.47%), Vitamin B3: 0.57mg (2.86%), Iron: 0.47mg (2.62%), Zinc: 0.28mg (1.84%), Folate: 5.21µg (1.3%), Vitamin B1: 0.02mg (1.2%)