



Mud Pie Meringue Sundaes

READY IN



107 min.

SERVINGS



6

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons chocolate sundae syrup fat-free
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature ()
- ☐ 2 cups coffee ice cream light (such as Häagen-Dazs)
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons cocoa unsweetened sifted
- ☐ 4 cream-filled chocolate sandwich cookies crushed reduced-fat (such as Oreos)
- ☐ 0.5 teaspoon vanilla extract

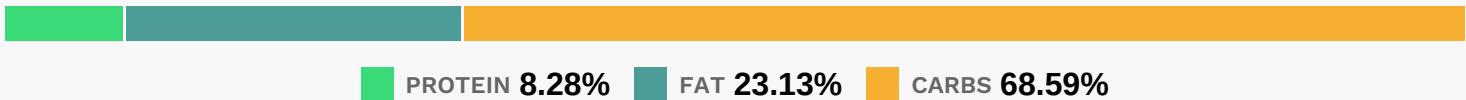
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 22
- ☐ Cover a large baking sheet with parchment paper. Draw 6 (3-inch) circles on paper. Turn paper over; secure with masking tape.
- ☐ Place egg whites, vanilla, and cream of tartar in a large bowl; beat with a mixer at high speed until foamy. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating mixture until stiff peaks form. Gently fold in cocoa.
- ☐ Divide egg white mixture evenly among the 6 drawn circles. Shape meringues into nests with 1-inch sides using the back of a spoon.
- ☐ Bake at 225 for 1 1/2 hours or until dry. Turn oven off, and cool meringues in closed oven at least 12 hours.
- ☐ Remove from oven; carefully remove meringues from paper.
- ☐ Place meringues on individual dessert plates. Top each with 1/3 cup ice cream.
- ☐ Sprinkle each evenly with 1 1/2 tablespoons cookie crumbs and 1 teaspoon pecans; drizzle each sundae with 1 1/2 teaspoons chocolate syrup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:16.98, Inflammation Score:-3, Nutrition Score:5.6086955860905%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 256.92kcal (12.85%), Fat: 6.8g (10.46%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 43.79g (15.92%), Sugar: 36.37g (40.41%), Cholesterol: 13.68mg (4.56%), Sodium: 103.7mg (4.51%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 4.83mg (1.61%), Protein: 5.48g (10.96%), Manganese: 0.31mg (15.61%), Vitamin B2: 0.24mg (13.97%), Copper: 0.19mg (9.75%), Phosphorus: 96.49mg (9.65%), Calcium: 90.48mg (9.05%), Iron: 1.62mg (8.98%), Magnesium: 31.56mg (7.89%), Selenium: 5.33µg (7.62%), Potassium: 223.54mg (6.39%), Fiber: 1.58g (6.32%), Zinc: 0.77mg (5.16%), Vitamin A: 229.01IU (4.58%), Vitamin B1: 0.07mg (4.5%), Vitamin B12: 0.25µg (4.22%), Vitamin B5: 0.33mg (3.33%), Folate: 10.05µg (2.51%), Vitamin K: 2.6µg (2.48%), Vitamin E: 0.31mg (2.06%), Vitamin B3: 0.4mg (2.02%), Vitamin B6: 0.04mg (1.76%)