



## Nondairy Kosher Meringues

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon cream of tartar
- 0.5 cup pasteurized egg whites refrigerated
- 1 cup sugar

### Equipment

- bowl
- baking sheet
- oven
- whisk

blender

spatula

## Directions

Preheat oven to 22

In a large bowl, with a mixer (preferably fitted with whisk attachment) on high speed, beat egg whites and cream of tartar until foamy. Gradually add 1 cup sugar, about 1 tbsp. at a time, beating well after each addition and scraping sides of bowl occasionally, until stiff, shiny peaks form (see tip 2 below).

Line 2 baking sheets with baking parchment. Mound meringue in 8 equal portions (a scant 1/2 cup for each) on sheets, spacing at least 3 in. apart. Shape each into a 4-in. bowl-shaped round (follow tip 3 below).

Bake meringues until they sound hollow when tapped and feel firm to the touch, about 1 1/2 hours; switch sheet positions halfway through baking. Turn heat off and leave meringues in closed oven until completely cool, 2 to 2 1/2 hours longer.

Remove from sheets.

Set meringues on plates and fill as you like.

Make ahead: Up to 1 day; cool completely, then wrap airtight and store at room temperature.

A whisk attachment introduces air evenly into whites and creates small bubbles, which are both stronger and more flexible than larger ones. Make sure the bowl and beaters are clean; any fat can interfere with the formation of the foam.

Beating the whites with an acid, like cream of tartar or vinegar, helps coagulate the egg-white protein. You want stiff, shiny peaks. The mixture should feel smooth when you rub it between your fingers.

Shape meringue mixture into bowl-shaped rounds with a small, thin spatula. The edges should be a little higher than the centers.

## Nutrition Facts

 **PROTEIN 6.13%**  **FAT 0.88%**  **CARBS 92.99%**

## Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:1, Nutrition Score:0.54913043538513%

## Nutrients (% of daily need)

Calories: 104.63kcal (5.23%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 25.13g (9.14%), Sugar: 25.06g (27.84%), Cholesterol: 0mg (0%), Sodium: 25.56mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Selenium: 3.19µg (4.55%), Vitamin B2: 0.07mg (4.2%), Potassium: 56.19mg (1.61%)