



Pale Green Meringue Hearts With Pastel Sherbets



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients



0.3 teaspoon cream of tartar



4 egg whites



8 servings drop natural food coloring green



0.1 teaspoon salt



1.3 cups sugar



1.5 teaspoons vinegar



8 servings frangelico assorted

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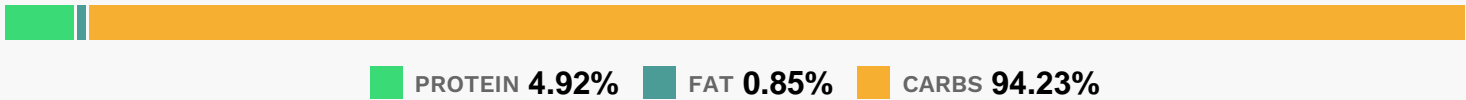
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine egg whites (at room temperature), vinegar, cream of tartar, and salt in a large mixing bowl; beat until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Tint meringue to desired pastel shade of green.
- ☐ Spoon meringue by 1/2 cupfuls onto greased, unglazed brown paper. Use back of a spoon to shape meringue into 4-inch hearts. Shape each heart into a shell (sides should be about 1 inch high).
- ☐ Bake at 250 for 1 hour. Cool away from drafts. Spoon sherbet into heart shells and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:21.82, Inflammation Score:1, Nutrition Score:0.53347824854047%

Nutrients (% of daily need)

Calories: 128.52kcal (6.43%), Fat: 0.13g (0.19%), Saturated Fat: 0g (0%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 31.29g (11.38%), Sugar: 31.29g (34.77%), Cholesterol: 0mg (0%), Sodium: 61.62mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Selenium: 3.19µg (4.56%), Vitamin B2: 0.07mg (4.22%), Potassium: 40.57mg (1.16%)