

Passover Chocolate Chip Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



195 min.

SERVINGS



24

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2 egg whites
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips mini
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

Equipment

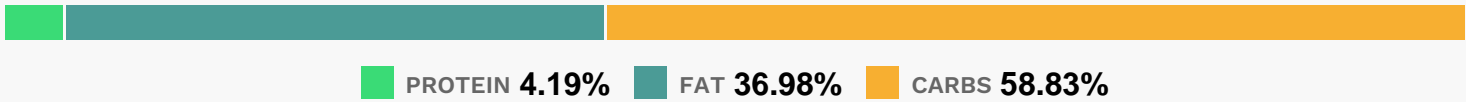
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 2 cookie sheets with aluminum foil.
- ☐ With an electric beater, beat egg whites until peaks form.
- ☐ Add sugar into the egg whites 1 teaspoon at a time. Gently stir in vanilla and salt, beat until the egg white are stiff and shiny. Fold in chocolate chips.
- ☐ Drop mixture by teaspoon onto the sheets. Turn off the oven, place the cookies inside the oven and leave them for a few hours or overnight. When you remember to look for them, they'll be ready to eat!

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.1873912982157%

Nutrients (% of daily need)

Calories: 68.06kcal (3.4%), Fat: 2.82g (4.34%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.5g (3.46%), Sugar: 8.95g (9.95%), Cholesterol: 0.44mg (0.15%), Sodium: 53.4mg (2.32%), Alcohol: 0.06g (100%), Alcohol %: 0.44% (100%), Caffeine: 6.27mg (2.09%), Protein: 0.72g (1.44%), Manganese: 0.1mg (4.88%), Copper: 0.09mg (4.61%), Magnesium: 13.13mg (3.28%), Iron: 0.47mg (2.59%), Fiber: 0.58g (2.33%), Phosphorus: 19.34mg (1.93%), Selenium: 1.15µg (1.64%), Potassium: 45.8mg (1.31%), Zinc: 0.19mg (1.3%)