



WHATSheATE



Peanut Butter-Chocolate Meringue Sandwiches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 1.5 tablespoons milk fat-free
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup peanut butter reduced-fat
- ☐ 0.3 cup powdered sugar
- ☐ 2.5 tablespoons powdered sugar

- ☐ 1 ounce chocolate unsweetened coarsely chopped
- ☐ 0.3 cup cocoa unsweetened

Equipment

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

Directions

- ☐ Preheat oven to 22
- ☐ Place the chocolate in a medium microwave-safe bowl; microwave at HIGH 45 seconds or until almost melted, stirring until smooth. Cool completely.
- ☐ Cover a large baking sheet with parchment paper; secure with masking tape. Sift together 1/3 cup powdered sugar and cocoa.
- ☐ Place egg whites and cream of tartar in a medium bowl; beat with a mixer at medium speed until soft peaks form. Increase speed to high, and gradually add granulated sugar and then cocoa mixture, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add 1/2 cup of egg white mixture to melted chocolate; beat just until blended.
- ☐ Add chocolate mixture to remaining egg white mixture, and beat just until blended.
- ☐ Drop 30 mounds onto prepared baking sheet.
- ☐ Bake at 225 for 1 hour and 15 minutes. Turn oven off; cool meringues in closed oven 1 1/2 hours or until dry. Carefully remove meringues from paper.
- ☐ Combine peanut butter and remaining ingredients, stirring with a whisk until smooth.
- ☐ Spread about 1 teaspoon of peanut butter mixture onto flat sides of 15 meringues, and top with remaining meringues.

Nutrition Facts



 **PROTEIN 11.05%**  **FAT 30.59%**  **CARBS 58.36%**

Properties

Glycemic Index:6.89, Glycemic Load:3.13, Inflammation Score:-1, Nutrition Score:2.3408695373522%

Flavonoids

Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg, Epicatechin: 5.5mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 70.63kcal (3.53%), Fat: 2.67g (4.11%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.4g (3.78%), Sugar: 8.9g (9.88%), Cholesterol: 0.05mg (0.01%), Sodium: 32.03mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.81mg (1.6%), Protein: 2.17g (4.34%), Manganese: 0.2mg (9.9%), Copper: 0.14mg (7.1%), Magnesium: 21.31mg (5.33%), Fiber: 1.07g (4.27%), Phosphorus: 36.21mg (3.62%), Vitamin B3: 0.69mg (3.46%), Iron: 0.62mg (3.44%), Zinc: 0.41mg (2.73%), Vitamin E: 0.4mg (2.65%), Selenium: 1.64µg (2.34%), Potassium: 80.21mg (2.29%), Vitamin B2: 0.03mg (1.81%), Vitamin B1: 0.02mg (1.1%)