



Pecan-Mocha Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



145 min.

SERVINGS



18

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chocolate chips
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.1 teaspoon cream of tartar
- ☐ 0.3 cup egg whites (from 3 large eggs)
- ☐ 0.3 cup brown sugar packed ()
- ☐ 2 teaspoons espresso powder instant
- ☐ 18 pecans ()
- ☐ 1 cup pecans toasted finely chopped

- ☐ 0.3 cup sugar
- ☐ 1 tablespoon cocoa powder unsweetened

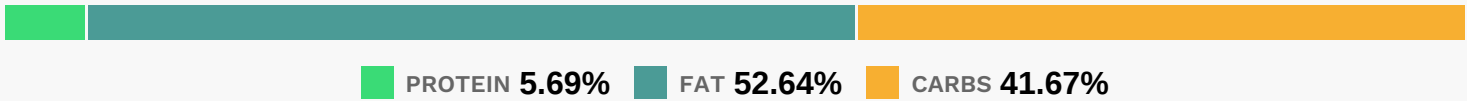
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Preheat oven to 300°F. Line heavy large baking sheet with parchment paper. Press brown sugar and cocoa powder through sieve into small bowl to remove any lumps; whisk to blend. Using electric mixer, beat egg whites, coarse salt, and cream of tartar in medium bowl until very soft peaks begin to form. With mixer running, gradually add sugar, then espresso powder; beat until medium peaks form. Beat in brown sugar mixture by tablespoonfuls. Continue beating until meringue is very stiff and glossy, 2 to 3 minutes. Fold in chopped pecans and chocolate chips, if desired. Drop mixture by rounded tablespoonfuls onto prepared sheet, spacing about 1 inch apart.
- ☐ Place 1 pecan half atop each meringue, pressing very lightly to adhere.
- ☐ Bake meringues until dry but still slightly soft when pressed with finger, about 25 minutes. Turn off oven. Cool meringues in oven with door closed until crisp, about 1 1/2 hours. DO AHEAD: Meringues can be made up to 1 day ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:2.62, Inflammation Score:-1, Nutrition Score:2.4326087142462%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 107.84kcal (5.39%), Fat: 6.6g (10.15%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 10.79g (3.93%), Sugar: 9.66g (10.74%), Cholesterol: 0.05mg (0.02%), Sodium: 46.41mg (2.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.13mg (1.38%), Protein: 1.6g (3.21%), Manganese: 0.33mg (16.67%), Copper: 0.11mg (5.3%), Fiber: 0.96g (3.82%), Zinc: 0.51mg (3.41%), Vitamin B1: 0.05mg (3.4%), Magnesium: 12.76mg (3.19%), Phosphorus: 28.63mg (2.86%), Calcium: 24.25mg (2.42%), Potassium: 84.37mg (2.41%), Vitamin B2: 0.04mg (2.3%), Selenium: 1.55µg (2.21%), Iron: 0.32mg (1.77%), Vitamin E: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.12%)