



## Portuguese Snow Drops



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

### Ingredients



3 egg whites



0.5 teaspoon juice of lemon



1 cup sugar white

### Equipment



bowl



baking sheet



oven

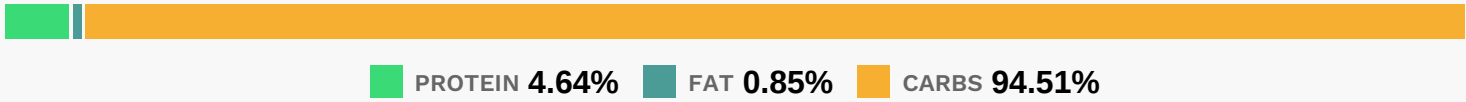


whisk

# Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Beat egg whites in a glass or metal bowl until foamy. Gradually add sugar and lemon juice, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- ☐ Drop by heaping teaspoonfuls egg mixture onto a baking sheet, making little peaked mounds.
- ☐ Bake in preheated oven until lightly browned and dry on the outside yet soft and no longer gooey on the inside, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:1, Nutrition Score:0.31478260740962%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

## Nutrients (% of daily need)

Calories: 81.74kcal (4.09%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 20g (7.27%), Sugar: 20.03g (22.26%), Cholesterol: 0mg (0%), Sodium: 15.14mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Selenium: 1.92µg (2.74%), Vitamin B2: 0.04mg (2.55%)