



Raspberry-Chocolate Meringues



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



26 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites at room temperature
- ☐ 0.5 teaspoon raspberry extract
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar

Equipment

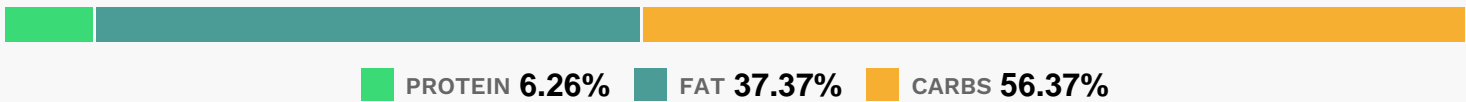
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat oven to 200F. Line a baking sheet with parchment.
- ☐ Using an electric mixer on medium speed, beat egg whites, cream of tartar and salt until soft peaks form, about 2 minutes. Gradually beat in sugar until mixture is glossy with stiff peaks, about 3 minutes. Fold in extract.
- ☐ Spoon meringue into a pastry bag fitted with a star tip. Pipe into 1 1/2-inch stars on sheet, 1/2 inch apart.
- ☐ Bake until firm and crisp but not browned, 1 hour 30 minutes to 1 hour 40 minutes. Slide parchment, with meringues, off sheet onto a wire rack.
- ☐ Let cool completely before removing meringues from parchment.
- ☐ Set a small bowl over a pan of simmering water.
- ☐ Place two-thirds of chocolate in bowl and melt, stirring occasionally.
- ☐ Remove bowl; stir in remaining chocolate until melted.
- ☐ Line a baking sheet with parchment. Dip bottom of 1 meringue in chocolate, wipe off excess against side of bowl and transfer to sheet.
- ☐ Let stand until set. Repeat.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:0.50130434228998%

Nutrients (% of daily need)

Calories: 26.15kcal (1.31%), Fat: 1.1g (1.69%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.5g (1.27%), Sugar: 3.27g (3.64%), Cholesterol: 0.17mg (0.06%), Sodium: 5.26mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Manganese: 0.04mg (1.9%), Copper: 0.04mg (1.8%), Magnesium: 5.23mg (1.31%), Iron: 0.18mg (1.01%)