



Thumbprint Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



34 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 cup raspberry jam seedless
- ☐ 2 teaspoons raspberry liqueur
- ☐ 0.5 teaspoon vanilla extract

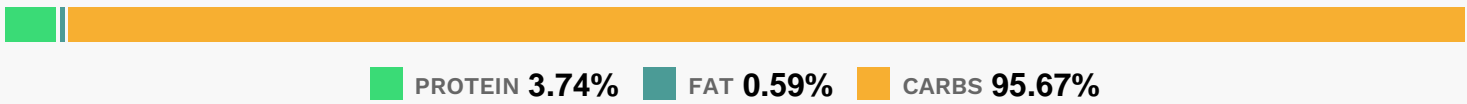
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 22
- ☐ Cover 2 large baking sheets with parchment paper, and secure paper with masking tape.
- ☐ 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 powdered sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add vanilla; beat just until combined.
- ☐ Spoon batter into a large zip-top plastic bag. Seal bag; carefully snip off 1 bottom corner of bag. Pipe 24 mounds onto prepared baking sheets. Moisten thumb or a spoon with water, and press thumb or spoon into center of each mound to form an indentation.
- ☐ Bake at 225 for 1 1/2 hours. Turn oven off; cool meringues in closed oven 2 hours or until dry. Carefully remove the meringues from paper.
- ☐ Combine jam and liqueur, stirring with a whisk.
- ☐ Place mixture in a small zip-top plastic bag. Seal bag; carefully snip off 1 bottom corner of bag. Pipe about 1/2 teaspoon jam into indentation in each cookie.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:4.23, Inflammation Score:0, Nutrition Score:0.1704347808238%

Nutrients (% of daily need)

Calories: 33.74kcal (1.69%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.97g (2.9%), Sugar: 7.26g (8.07%), Cholesterol: 0mg (0%), Sodium: 5.81mg (0.25%), Alcohol: 0.14g (100%), Alcohol %: 1.42% (100%), Protein: 0.31g (0.63%)