



## White Meringue Ghosts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon cream of tartar
- 6 egg whites
- 1 tablespoon semisweet chocolate morsels mini
- 0.8 cup sugar

### Equipment

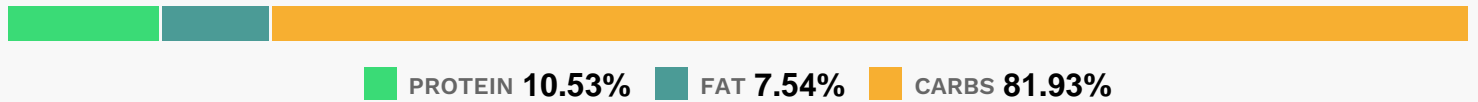
- baking sheet
- baking paper

- oven
- hand mixer
- ziploc bags

## Directions

- Beat egg whites and cream of tartar at high speed with an electric mixer until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes).
- Add extract; beat until blended.
- Spoon mixture into a zip-top plastic bag; snip a small hole in 1 corner, and pipe mixture into ghostly shapes on parchment paper-lined baking sheets.
- Add mini morsels for eyes. If desired, cut licorice into 2-inch pieces. Firmly pinch ends together. Insert 1 in top of each ghost for a hanger.
- Bake at 200 for 2 hours. Turn oven off, and let meringues stand in closed oven with light on 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:4.38, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:0.52826087363064%

## Nutrients (% of daily need)

Calories: 47.97kcal (2.4%), Fat: 0.41g (0.63%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.91g (3.6%), Sugar: 9.8g (10.88%), Cholesterol: 0.06mg (0.02%), Sodium: 18.92mg (0.82%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Protein: 1.28g (2.57%), Selenium: 2.39µg (3.41%), Vitamin B2: 0.05mg (3.04%), Potassium: 39.49mg (1.13%)