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Meringues ♦♦

Meringues are a sweet and delicate dessert made from whipped egg whites and sugar. They have a crisp outer shell and a soft, chewy center. Meringues are often flavored with vanilla or other extracts and can be served on their own or used as a topping for pies and cakes.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 90 mins

Total Time: 110 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

150 g	Egg whites
150 g	sugar
1 tsp	vanilla extract

Directions

Step 1

Preheating

Preheat the oven to 225°F (110°C). Line a baking sheet with parchment paper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a clean, dry mixing bowl, beat the egg whites on high speed until soft peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Gradually add the sugar, 1 tablespoon at a time, while continuing to beat the egg whites. Beat until stiff peaks form and the sugar is fully incorporated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Fold in the vanilla extract gently until fully combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Spoon

Spoon the meringue mixture onto the prepared baking sheet, forming small mounds.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 1.5 hours or until the meringues are crisp and dry.

Prep Time: 0 mins

Cook Time: 90 mins

Step 7

Cooling

Remove from the oven and let the meringues cool completely on the baking sheet.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	0 g	0%	0%
Saturated Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%

Recipe Attributes

Events

Christmas

Easter

Valentine's Day

New Year

Back to School

Picnic

Cuisines

Vietnamese

Course

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Vegan Diet

Ovo-Vegetarian Diet

Low Sodium Diet

The Gerson Therapy

Meal Type

Brunch

Snack

Difficulty Level

Easy

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