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Toasted Coconut and Dark Chocolate Meringues ••

Toasted Coconut and Dark Chocolate Meringues are a delicious and unique dessert. These light and airy meringue cookies are made with toasted coconut and dark chocolate, giving them a rich and indulgent flavor. They are perfect for any occasion and can be enjoyed as a sweet treat or as a light and refreshing dessert. The recipe is easy to follow and requires only a few simple ingredients. Try making these Toasted Coconut and Dark Chocolate Meringues for your next gathering or as a special treat for yourself.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 90 mins

Total Time: 110 mins

Recipe Yield: 200 grams

Number of Servings: 20

Serving Size: 10 g

Ingredients

150 g Egg whites

200 g granulated sugar

50 g	toasted coconut flakes
100 g	dark chocolate, chopped
1 tsp	vanilla extract
0.5 tsp	cream of tartar
0.25 tsp	salt

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 large mixing bowl, beat the egg whites, cream of tartar, and salt until soft peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Gradually add the sugar, one tablespoon at a time, while continuing to beat the mixture until stiff peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Gently fold in the toasted coconut flakes, chopped dark chocolate, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Drop spoonfuls of the mixture onto the prepared baking sheet, spacing them about 1 inch apart.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake 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 cool completely on the baking sheet.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	0 g	0%	0%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
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%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	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%
Potassium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Easter

Valentine's Day

Back to School

Picnic

Cuisines

Chinese

Mexican

Japanese

Mediterranean

Greek

American

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Sugar-Free

High Iron

Course

Desserts

Salads

Snacks

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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