

# Chocolate-Dipped Almond Meringues

Yield: 24 min  
Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-dipped-heart-shaped-almonds-recipe-southern-living>

## Ingredients:

- 4 large egg whites room temperature
- 1 pinch cream of tartar
- 1/4 teaspoon salt
- 1 cup superfine sugar
- 1/4 teaspoon almond extract
- 1/2 cup chocolate tempered, pieces, or semisweet chocolate chips, tempered, see directions
- 24 whole almonds

## Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 5 grams
3. Protein: 1 grams
4. Sodium: 35 milligrams
5. Sugar: 5 grams

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