

Peppermint Meringue Kisses

Yield: 4 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-meringue-kisses-recipe>

Ingredients:

- 3 egg whites
- 1 pinch salt
- 1/3 cup granulated sugar
- 1/4 teaspoon cream of tartar
- 1/2 cup powdered sugar unsifted
- 1/4 teaspoon peppermint extract
- food coloring optional
- 4 ounces dark chocolate

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 120 milligrams
9. Sugar: 45 grams

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