

# Meringue

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 4 large egg whites
- 1/4 teaspoon cream of tartar
- 1/4 cup sugar

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 13 grams
3. Protein: 4 grams
4. Sodium: 55 milligrams
5. Sugar: 13 grams

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