

# Swiss Meringue

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-meringue-recipe-cook-39>

## Ingredients:

- 6 large egg whites
- 1 1/2 cups granulated sugar

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 76 grams
3. Protein: 5 grams
4. Sodium: 85 milligrams
5. Sugar: 76 grams

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