

Low-Carb & Keto Meringues

Hands-on 10 minutes Overall 2-3 hours

Nutritional values (per serving, 4 meringues): Total carbs: 0.7 g, Fiber: 0 g, **Net carbs: 0.7 g**,

Protein: 1.8 g, Fat: 0 g, Calories: 11 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes ~ 24 meringues)

3 large egg whites

1/4 tsp [cream of tartar](#) or 1/2 tsp apple cider vinegar

1/3 cup + 1 tbsp [Erythritol](#) or [Swerve](#), powdered (60 g/ 2.1 oz)

1/4 tsp [vanilla powder](#) or 1/2 sugar-free [vanilla extract](#) (you can [make your own](#))

If making soft meringue for pie topping, you may want to [follow the recipe instead](#) - it's slightly different and more suitable for a soft meringue. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to **low**, 135 °C/ 275 °F. Crack the eggs and separate the egg whites from the egg yolks. Place the egg whites into a large clean bowl [or a mixer](#). *You can use the leftover egg yolks for making [Mayonnaise](#), [Hollandaise](#), [Smoothies](#) or [Keto Coffee](#).*
2. Start beating the egg whites on medium-low speed. Continue for about 2 minutes until the whites become foamy. Then, add the cream of tartar (or apple cider vinegar).
3. Add the powdered Erythritol, a tablespoon at a time, and vanilla powder or extract.
4. Keep beating until they reach a stiff-peak and glossy stage.
5. Spoon the mixture on a tray lined with parchment paper or a non-stick mat and place in the oven in the middle section. Bake at 135 °C/ 275 °F for 15 minutes. Then, **turn the temperature down** to 100 °C/ 210 °F and cook for another hour. After an hour, turn the oven off and keep the meringues in for another 1-2 hours. This will help the meringues dehydrate and get crispy.
6. When the oven cools down completely, remove the meringues and place in an airtight container. Store at room temperature until ready to be used in a recipe.

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