

# Download How Make Meringues Meringue Shells

This tutorial for how to make meringue shells has saved me many, many times. As much as I love entertaining, there are times when the thought of making a full meal, from appetizers and cocktails to entree, side dish and dessert, seems overwhelming. Fill shells with berries; garnish with whipped cream or ice cream if desired.

Nutrition Facts 1 each: 80 calories, 0 fat (0 saturated fat), 0 cholesterol, 21mg sodium, 19g carbohydrate (18g sugars, 0 fiber), 1g protein. Similar recipes. Also see other recipes similar to the recipe for how to make meringue shells. There are many types of meringue from the soft pillows that cover a lemon meringue pie to buttercreams based on various meringues to crisp cookies or shells. The type of meringue depends upon the amount of sugar used. For a crisp meringue a two to one proportion of egg whites to sugar is used. For these crisp shells a base formula of 1 egg white to 1/4 cup (50 grams or 1 2/3 ounces) of sugar ..., How Make Meringues Meringue Shells.

**Other Files :**