



WHATSheATE



Almond meringue with summer berries



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



493 kcal

SIDE DISH

Ingredients

- ☐ 75 g almonds whole
- ☐ 5 egg whites (use the yolks to make ice-cream)
- ☐ 275 g caster sugar
- ☐ 200 g raspberries at room temperature
- ☐ 568 ml cartons double cream
- ☐ 250 g strawberries hulled at room temperature
- ☐ 8 servings icing sugar for sifting

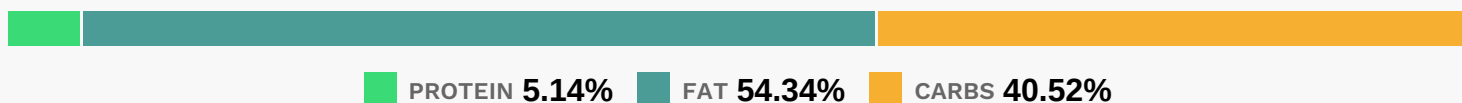
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Scatter the almonds on a baking sheet and roast for 6–8 mins until golden. Very coarsely grind them in a small food processor, then set aside. Lower oven to 160C/fan 140C/gas
- ☐ Line a baking sheet with non-stick baking parchment.
- ☐ Beat the egg whites in a scrupulously clean mixing bowl until stiff peaks have formed. Tip in half the sugar and beat again until stiff peaks are formed once more. Using a metal spoon, deftly fold in the remaining sugar a spoonful at a time, followed by most of the almonds (keep a small handful back). Tip the meringue onto the lined sheet and spread it out quite roughly to a 20cm circle. Scatter over the reserved almonds.
- ☐ Bake for 20 mins, reduce the temperature to 140C/120C fan/gas 1, then bake for a further 40 mins.
- ☐ Let meringue cool in the oven with the door ajar or on the side as you wish.
- ☐ While the meringue is baking, and if you wish to add the glamour of a raspberry ripple to the cream, make a few spoonfuls of pure by pressing 125g of the raspberries through a sieve.
- ☐ When nearing the moment for assembly, whip the cream until soft and cloudy. Lightly ripple through about half, or more, of the raspberry pure through the cream. You can serve the rest separately on the side.
- ☐ Place the meringue upon a handsome dish. Spoon the whipped cream liberally over the meringue. Slice the strawberries in a random manner. Heap the berries atop the cream, and offer any remaining fruit separately. Sift over the icing sugar. Take to the table and take a bow.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:25.14, Inflammation Score:-7, Nutrition Score:9.9756520312765%

Flavonoids

Cyanidin: 12.2mg, Cyanidin: 12.2mg, Cyanidin: 12.2mg, Cyanidin: 12.2mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 8.01mg, Pelargonidin: 8.01mg, Pelargonidin: 8.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 493.34kcal (24.67%), Fat: 30.86g (47.48%), Saturated Fat: 16.79g (104.96%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 48.36g (17.59%), Sugar: 47.39g (52.66%), Cholesterol: 80.71mg (26.9%), Sodium: 51.57mg (2.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin C: 25.35mg (30.73%), Manganese: 0.51mg (25.34%), Vitamin E: 3.37mg (22.43%), Vitamin A: 1062.02IU (21.24%), Vitamin B2: 0.35mg (20.46%), Fiber: 3.42g (13.69%), Magnesium: 41.94mg (10.48%), Phosphorus: 104.08mg (10.41%), Selenium: 6.71µg (9.58%), Calcium: 85.34mg (8.53%), Vitamin D: 1.14µg (7.62%), Copper: 0.15mg (7.46%), Potassium: 253.54mg (7.24%), Folate: 20.48µg (5.12%), Vitamin K: 4.92µg (4.69%), Iron: 0.76mg (4.2%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.38mg (3.83%), Vitamin B3: 0.67mg (3.37%), Vitamin B6: 0.07mg (3.36%), Vitamin B1: 0.05mg (3.32%), Vitamin B12: 0.13µg (2.19%)