

## Berry Meringues



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

### Ingredients

- ☐ 4 cups blackberries (or some of each)
- ☐ 0.5 teaspoon cream of tartar
- ☐ 0.5 cup egg whites refrigerated
- ☐ 1 cup sugar
- ☐ 1 cup whipping cream

### Equipment

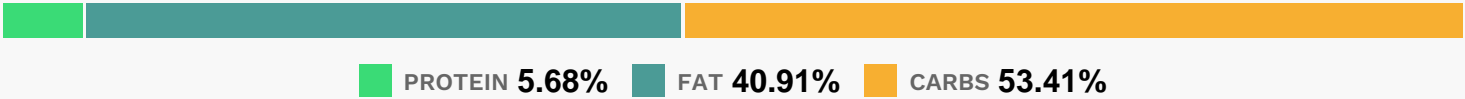
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula

## Directions

- ☐ Preheat oven to 22
- ☐ In a large bowl, with a mixer (preferably fitted with wire-whisk attachment) on high speed, beat egg whites and cream of tartar until foamy. Gradually add 1 cup sugar, about 1 tablespoon at a time, beating well after each addition and scraping sides of bowl occasionally, until stiff, shiny peaks form (see tip 2 below).
- ☐ Line two 12- by 15-inch baking sheets with cooking parchment or coat sheets with cooking-oil spray or butter. Mound meringue in eight equal portions (a scant 1/2 cup for each) on sheets, spacing at least 3 inches apart. Shape each into a 4-inch round (follow tip 3 below).
- ☐ Bake in preheated oven until meringues sound hollow when tapped and feel firm to the touch, about 1 1/2 hours (1 1/4 hours in convection heat); switch sheet positions halfway through baking. Turn heat off and leave meringues in closed oven until completely cool, 2 to 2 1/2 hours longer.
- ☐ Remove from sheets.
- ☐ Shortly before serving, rinse and drain berries; pat dry with a towel. In a bowl, with a mixer on high speed, beat whipping cream just until soft peaks form. Turn mixer to low and beat in sugar to taste (about 2 tablespoons).
- ☐ Set meringues on dessert plates. Top with whipped cream and berries.
- ☐ Tips for the perfect meringue
  - ☐ A wire-whisk attachment introduces air evenly into whites and creates small bubbles, which are both stronger and more flexible. Make sure the bowl and beaters are clean; any fat can interfere with the formation of the foam.
  - ☐ Beating the whites with an acid, like cream of tartar or vinegar, helps coagulate the egg-white protein. You want stiff, shiny peaks. The mixture should feel smooth when you rub it between your fingers.
  - ☐ Shape meringue mixture into bowl-shaped rounds with a small, thin spatula. The edges should be a little higher than the centers.

# Nutrition Facts



## Properties

Glycemic Index:11.89, Glycemic Load:18.23, Inflammation Score:-6, Nutrition Score:6.686956540398%

## Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

## Nutrients (% of daily need)

Calories: 236.74kcal (11.84%), Fat: 11.2g (17.23%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 29.07g (10.57%), Sugar: 29.44g (32.71%), Cholesterol: 33.62mg (11.21%), Sodium: 34.31mg (1.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Manganese: 0.47mg (23.42%), Vitamin C: 15.3mg (18.54%), Fiber: 3.82g (15.27%), Vitamin K: 15.21µg (14.48%), Vitamin A: 591.41IU (11.83%), Vitamin B2: 0.15mg (8.59%), Vitamin E: 1.12mg (7.44%), Copper: 0.13mg (6.38%), Selenium: 4.37µg (6.24%), Potassium: 201.1mg (5.75%), Folate: 19.8µg (4.95%), Magnesium: 18.16mg (4.54%), Calcium: 41.84mg (4.18%), Phosphorus: 35.38mg (3.54%), Vitamin D: 0.48µg (3.17%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.3mg (3.03%), Iron: 0.51mg (2.82%), Vitamin B3: 0.5mg (2.5%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.4%), Vitamin B12: 0.06µg (1.02%)