



Boccone Dolce



Gluten Free



Dairy Free

READY IN



88 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 1 cup blackberries
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces semi chocolate chips
- ☐ 1 cup strawberries sliced
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 1 tablespoon water
- ☐ 12 ounce non-dairy whipped topping frozen thawed reduced-calorie
- ☐ 0.3 teaspoon vinegar white

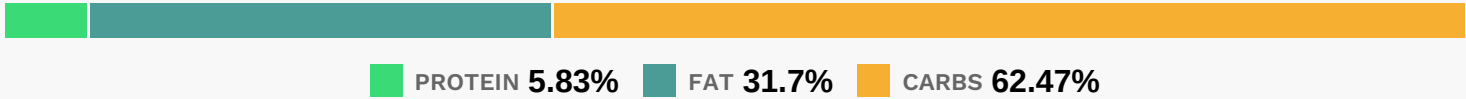
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Preheat oven to 27
- ☐ Place parchment paper over 2 baking sheets. Draw 3 (8-inch) circles on paper. Turn paper over; secure with masking tape.
- ☐ Beat egg whites, cream of tartar, salt, and vinegar with a mixer at high speed until foamy; add vanilla. Slowly add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (about 2 to 4 minutes).
- ☐ Divide meringue evenly among 3 drawn circles.
- ☐ Spread evenly into circles using the back of a spoon.
- ☐ Bake at 275 for 1 hour or until dry. Turn oven off; cool in oven at least 4 hours. Carefully remove from paper.
- ☐ Combine chocolate chips and water in a small microwave-safe bowl. Microwave at HIGH 35 seconds; stir until smooth. Set aside (do not allow to cool).
- ☐ Place 1 meringue layer on a serving plate. Carefully spread 1/2 of melted chocolate onto meringue.
- ☐ Spread 1/3 of whipped topping over chocolate; top with 1/2 cup strawberries and 1/2 cup blackberries. Repeat layers once. Top with the third meringue, and spread with remaining whipped topping. Cover and chill at least 3 hours before serving.
- ☐ Garnish with additional strawberries and blackberries before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:14.44, Inflammation Score:-2, Nutrition Score:4.2304348064506%

Flavonoids

Cyanidin: 14.63mg, Cyanidin: 14.63mg, Cyanidin: 14.63mg, Cyanidin: 14.63mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 221.48kcal (11.07%), Fat: 7.92g (12.18%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 33.36g (12.13%), Sugar: 32.66g (36.29%), Cholesterol: 1.19mg (0.4%), Sodium: 106.03mg (4.61%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Caffeine: 7.31mg (2.44%), Protein: 3.28g (6.55%), Vitamin C: 11.49mg (13.93%), Manganese: 0.26mg (13.24%), Copper: 0.15mg (7.27%), Fiber: 1.73g (6.93%), Selenium: 4.41µg (6.3%), Vitamin B2: 0.1mg (6.11%), Magnesium: 23.62mg (5.91%), Phosphorus: 55.92mg (5.59%), Potassium: 162.84mg (4.65%), Vitamin K: 4.87µg (4.64%), Iron: 0.74mg (4.13%), Calcium: 37.17mg (3.72%), Vitamin E: 0.43mg (2.87%), Zinc: 0.36mg (2.42%), Folate: 8.6µg (2.15%), Vitamin B12: 0.1µg (1.59%), Vitamin B3: 0.27mg (1.35%), Vitamin A: 61.97IU (1.24%), Vitamin B1: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.08%), Vitamin B6: 0.02mg (1.08%)