



Brown sugar meringues with red wine plums



Vegetarian



Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp cornstarch
- ☐ 1 tsp red-wine vinegar
- ☐ 1 tsp vanilla extract
- ☐ 3 egg whites
- ☐ 100 g sugar
- ☐ 50 g g muscovado sugar light
- ☐ 200 ml red wine
- ☐ 85 g g muscovado sugar light

- ☐ 1 cinnamon sticks
- ☐ 9 large plums ripe halved
- ☐ 400 g crème fraîche

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

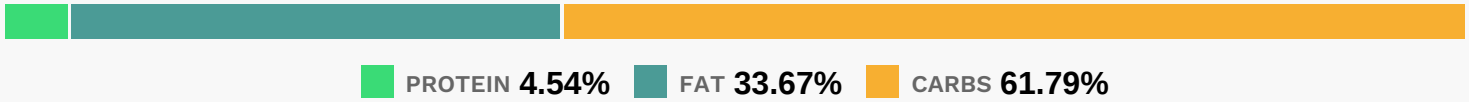
Directions

- ☐ Heat oven to 140C/fan 120C/gas
- ☐ Line a large baking sheet with baking paper. Blend together the cornflour, vinegar and vanilla to make a paste.
- ☐ Whisk the egg whites until they are stiff and glossy, then whisk in the sugar in three goes, adding a little paste and whisking back to firm peaks each time. Keep whisking until the meringue is thick and heavy.
- ☐ Spoon six meringue heaps onto the baking sheet, spaced apart, then shape into nests by making dips in the centres with the back of a spoon.
- ☐ Bake for 1 hr, then turn off the oven and leave to cool in the oven for a further hr.
- ☐ Put the wine, sugar and cinnamon stick in a medium pan and bring to the boil, stirring to dissolve the sugar.
- ☐ Add the plums, then poach gently for 4–5 mins until just tender.
- ☐ Remove the plums with a slotted spoon, peel off the skins, then set aside.
- ☐ Increase the heat under the sauce and boil hard until reduced to a thick syrup, about 5 mins.
- ☐ Pour into a jug; leave to cool.
- ☐ To serve, set the meringue nests on serving plates and spoon the crme frache into the centres.

- ☐
- Place three plum halves on each and drizzle over the sauce.

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Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:15.6, Inflammation Score:-6, Nutrition Score:6.116521762765%

Flavonoids

Cyanidin: 5.64mg, Cyanidin: 5.64mg, Cyanidin: 5.64mg, Cyanidin: 5.64mg Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg, Petunidin: 0.67mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Malvidin: 4.68mg, Malvidin: 4.68mg, Malvidin: 4.68mg, Malvidin: 4.68mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 5.28mg, Catechin: 5.28mg, Catechin: 5.28mg, Catechin: 5.28mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 368.63kcal (18.43%), Fat: 13.3g (20.46%), Saturated Fat: 6.75g (42.2%), Carbohydrates: 54.9g (18.3%), Net Carbohydrates: 53.2g (19.35%), Sugar: 50.97g (56.63%), Cholesterol: 39.33mg (13.11%), Sodium: 53.6mg (2.33%), Alcohol: 3.83g (100%), Alcohol %: 1.89% (100%), Protein: 4.03g (8.06%), Vitamin A: 759.28IU (15.19%), Vitamin B2: 0.22mg (12.83%), Vitamin C: 10.03mg (12.16%), Manganese: 0.22mg (11.21%), Calcium: 101.85mg (10.18%), Potassium: 340.3mg (9.72%), Selenium: 5.93µg (8.47%), Phosphorus: 77.96mg (7.8%), Vitamin K: 7.65µg (7.29%), Fiber: 1.7g (6.8%), Magnesium: 21.81mg (5.45%), Copper: 0.09mg (4.5%), Vitamin B6: 0.09mg (4.32%), Vitamin B5: 0.43mg (4.28%), Vitamin E: 0.52mg (3.5%), Iron: 0.61mg (3.36%), Vitamin B3: 0.6mg (3.01%), Vitamin B1: 0.04mg (2.9%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.15µg (2.56%), Folate: 10.15µg (2.54%)