



WHATSheATE



Caramel-Pecan Dacquoise



Gluten Free

READY IN



235 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce bittersweet chocolate melted chopped
- ☐ 6 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon light-colored corn syrup
- ☐ 2 large egg whites
- ☐ 3 large egg whites
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.3 cup granulated sugar

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup heavy whipping cream divided
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup water
- ☐ 0.3 cup water cold

Equipment

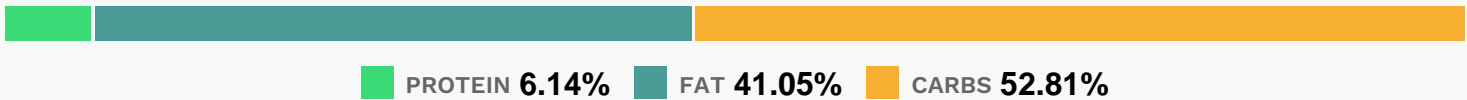
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 20
- ☐ To prepare meringues, combine first 3 ingredients in a bowl; beat with a mixer at high speed until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold in pecans. Carefully spoon meringue mixture into a zip-top plastic bag; seal. Trace 1 (10-inch) circle onto each of 2 sheets of parchment paper; tape 1 sheet onto each of 2 baking sheets.
- ☐ Cut 1/4 inch off 1 corner of bag; squeeze meringue mixture onto prepared pans to form 2 (10-inch) circles.
- ☐ Bake meringues at 200 for 3 hours or until dry. Turn oven off; cool in closed oven. Carefully remove meringues.

- ☐ To prepare mousse, combine water and gelatin; let stand 5 minutes.
- ☐ Place brown sugar, 4 1/2 teaspoons whipping cream, butter, syrup, and salt in a sauce- pan over medium-high heat; bring to a boil, stirring until sugar dissolves. Cook 2 minutes without stirring; remove from heat. Stir in gelatin mixture; cook 30 seconds, stirring until gelatin dissolves.
- ☐ Remove from heat.
- ☐ Transfer mixture to a large bowl; cool completely.
- ☐ Place remaining 1/4 cup whipping cream in a medium bowl; beat with a mixer at high speed until stiff peaks form. Fold whipped cream into cooled gelatin mixture; chill 20 minutes or until almost set.
- ☐ Combine granulated sugar and 1/4 cup water in a small sauce- pan over medium-high heat; bring to a boil, stirring just until sugar dissolves. Cook without stirring until a thermometer registers 250 (about 3 minutes).
- ☐ Place 2 egg whites and a dash of salt in a large bowl; using clean, dry beaters, beat with a mixer at high speed until foamy. Slowly pour hot sugar mixture in a thin stream into egg whites; continue beating until stiff peaks form. Reduce mixer to medium speed; beat until mixture cools (about 8 minutes).
- ☐ Fold one-third of egg white mixture into caramel mixture; gently fold in remaining egg white mixture. Chill 1 hour.
- ☐ Place 1 baked meringue round on a platter; spread mousse evenly over meringue. Top with remaining meringue round.
- ☐ Drizzle melted chocolate over top.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:36.53, Glycemic Load:18.03, Inflammation Score:-2, Nutrition Score:4.6713043140328%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg

Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 320.75kcal (16.04%), Fat: 15.15g (23.31%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 42.61g (15.49%), Sugar: 42.1g (46.78%), Cholesterol: 20.24mg (6.75%), Sodium: 127.95mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 5.1g (10.21%), Manganese: 0.48mg (24.21%), Selenium: 7.25µg (10.35%), Copper: 0.2mg (10.07%), Vitamin B2: 0.17mg (9.82%), Magnesium: 24.85mg (6.21%), Vitamin A: 260.18IU (5.2%), Phosphorus: 50.61mg (5.06%), Fiber: 1.25g (5.01%), Vitamin B1: 0.07mg (4.52%), Zinc: 0.6mg (4.03%), Potassium: 139.45mg (3.98%), Iron: 0.67mg (3.72%), Calcium: 32.33mg (3.23%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.2mg (1.99%), Vitamin B6: 0.03mg (1.61%), Vitamin D: 0.21µg (1.41%), Vitamin K: 1.24µg (1.19%), Folate: 4.18µg (1.05%)