



Cherry Berries on a Cloud

 **Gluten Free**

READY IN



615 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce cherry pie filling canned
- ☐ 3 ounce cream cheese softened
- ☐ 1 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup marshmallows miniature
- ☐ 8 ounces strawberries frozen thawed drained
- ☐ 1 teaspoon vanilla extract

- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 1 cup sugar white

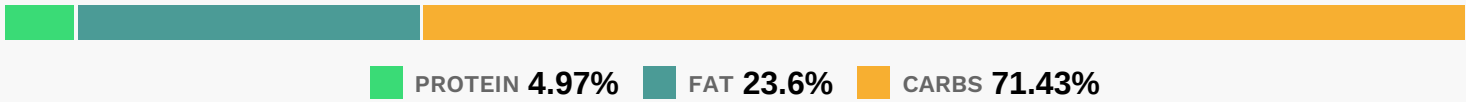
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Beat cream cheese and 1/2 cup sugar together in a bowl. Stir marshmallows, whipped topping, and vanilla through the cream cheese mixture. Cover bowl with plastic wrap and refrigerate 8 to 12 hours.
- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Beat egg whites with cream of tartar in a large bowl; add 1 cup sugar in small amounts into the egg white mixture and keep beating until very stiff. Draw a large circle onto a piece of brown paper or parchment. Fill in the circle with the meringue mixture building up the sides.
- ☐ Draw a large circle onto a sheet parchment paper. Fill the circle with the egg white mixture building up the sides to form a large cylinder.
- ☐ Bake in preheated oven for 1 hour. Turn heat off and let meringue cool undisturbed in the oven without ever opening the oven door for 1 hour more.
- ☐ Stir cherry pie filling, strawberries, and lemon juice together in a bowl.
- ☐ Gently spread cream cheese mixture over the top of the meringue; top with cherry pie filling mixture.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:14.22, Inflammation Score:-2, Nutrition Score:2.6430434688278%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 190.1kcal (9.51%), Fat: 5.07g (7.8%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 33.97g (12.35%), Sugar: 24.81g (27.56%), Cholesterol: 7.54mg (2.51%), Sodium: 61.42mg (2.67%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 2.4g (4.8%), Vitamin C: 12.29mg (14.9%), Vitamin B2: 0.09mg (5.26%), Selenium: 3.42µg (4.89%), Manganese: 0.09mg (4.28%), Potassium: 146.14mg (4.18%), Vitamin A: 169.58IU (3.39%), Phosphorus: 32.26mg (3.23%), Calcium: 27.51mg (2.75%), Fiber: 0.55g (2.22%), Copper: 0.04mg (2.16%), Magnesium: 7.66mg (1.91%), Folate: 7.4µg (1.85%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.17%), Iron: 0.21mg (1.16%), Vitamin K: 1.17µg (1.11%), Vitamin B12: 0.06µg (1.04%), Vitamin B5: 0.1mg (1.02%)