



Cherry Meringue Tarts

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 12 ounce cherries dark sweet frozen thawed pitted
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons crème de cassis black currant-flavored liqueur cherry brandy
- ☐ 2 large egg whites
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar divided
- ☐ 1 teaspoon vanilla extract

☐ 0.5 ounce chocolate white shaved

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 30
- ☐ To prepare meringues, cover a large baking sheet with parchment paper. Draw 4 (3 1/2-inch) circles on paper. Turn paper over, and lay flat on pan.
- ☐ Place egg whites in a medium bowl; beat with a mixer at high speed until foamy. Gradually add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Divide egg white mixture evenly among the 4 drawn circles. Shape meringues into nests with 1-inch sides using the back of a spoon.
- ☐ Bake at 300 for 1 hour or until meringues are lightly browned and dry.
- ☐ Remove from oven, and let cool completely (about 30 minutes) on pan. Carefully remove meringues from paper.
- ☐ While meringues cool, drain cherries, reserving all liquid.
- ☐ Combine reserved cherry juice, 2 tablespoons sugar, crme de cassis, and next 4 ingredients in a small saucepan, stirring well with a whisk. Stir in cherries. Cook over medium heat 7 minutes or until mixture is thick and bubbly, stirring constantly.
- ☐ Remove from heat, and let cool completely.
- ☐ Place meringues on dessert plates. Spoon cherry mixture evenly into meringue shells; sprinkle with shaved white chocolate.

Nutrition Facts

 **PROTEIN 7.46%**  **FAT 7.91%**  **CARBS 84.63%**

Properties

Glycemic Index:41.77, Glycemic Load:15.7, Inflammation Score:-3, Nutrition Score:3.7147825619449%

Flavonoids

Cyanidin: 30.31mg, Cyanidin: 30.31mg, Cyanidin: 30.31mg, Cyanidin: 30.31mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 6.63mg, Delphinidin: 6.63mg, Delphinidin: 6.63mg, Delphinidin: 6.63mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 155.18kcal (7.76%), Fat: 1.42g (2.19%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 32.38g (11.78%), Sugar: 29.86g (33.17%), Cholesterol: 0.74mg (0.25%), Sodium: 103.71mg (4.51%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Protein: 3.02g (6.04%), Vitamin C: 19.36mg (23.46%), Fiber: 1.86g (7.46%), Potassium: 252.03mg (7.2%), Vitamin B2: 0.12mg (6.96%), Manganese: 0.11mg (5.29%), Selenium: 3.58µg (5.11%), Magnesium: 13.58mg (3.4%), Copper: 0.07mg (3.3%), Phosphorus: 31.14mg (3.11%), Iron: 0.46mg (2.58%), Vitamin B5: 0.25mg (2.52%), Calcium: 24.91mg (2.49%), Vitamin B6: 0.05mg (2.49%), Vitamin K: 2.15µg (2.05%), Vitamin B1: 0.03mg (1.98%), Vitamin A: 72.87IU (1.46%), Vitamin E: 0.17mg (1.14%), Folate: 4.32µg (1.08%), Vitamin B3: 0.2mg (1.01%)