



WHATSheATE



Chewy Meringues with Tangerine-Lemon Curd



Vegetarian



Gluten Free

READY IN



288 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1.5 teaspoons cornstarch
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 6 tablespoons granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 1 Dash salt
- ☐ 0.8 cup caster sugar
- ☐ 0.3 cup tangerine juice fresh
- ☐ 3 tangerines
- ☐ 1 tablespoon butter unsalted

Equipment

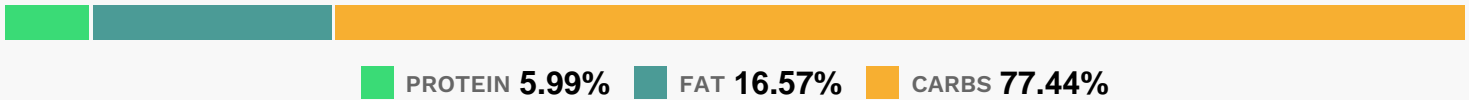
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 32
- ☐ To prepare meringues, line a baking sheet with parchment paper. Draw 6 (3-inch) circles on paper. Turn paper over; secure paper with masking tape onto baking sheet.
- ☐ Place egg whites and salt in a large bowl; beat with a mixer at medium speed until foamy. Increase mixer speed to medium-high. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add 1 1/2 teaspoons cornstarch, 1/2 teaspoon lemon rind, and 1 1/2 teaspoons lemon juice; beat 1 minute or until the mixture is well combined.
- ☐ Divide egg white mixture among 6 drawn circles on parchment paper. Shape meringues into nests with 1-inch sides using the back of a spoon.
- ☐ Place baking sheet in oven; immediately reduce oven temperature to 22

- ☐ Bake meringues at 225 for 1 hour or until dry to the touch. Turn oven off (leave pan in oven); partially open oven door. Cool meringues in oven 1 hour.
- ☐ Remove pan from oven; carefully remove meringues from paper. (Meringues will be crisp on the outside and soft on the inside.)
- ☐ To prepare curd, combine granulated sugar and next 5 ingredients (through yolks) in a medium saucepan; bring to a boil, stirring constantly. Reduce heat, and cook 1 minute or until thick and bubbly, stirring constantly.
- ☐ Remove pan from heat; add butter, stirring until butter melts.
- ☐ Pour mixture through a sieve into a bowl.
- ☐ Place plastic wrap on surface of curd, and chill.
- ☐ Peel and section tangerines; discard membranes. Spoon about 2 1/2 tablespoons curd into each meringue. Top each meringue with about 3 tangerine sections.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:27.96, Inflammation Score:-4, Nutrition Score:4.825217379824%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 7.98mg, Hesperetin: 7.98mg, Hesperetin: 7.98mg, Hesperetin: 7.98mg Naringenin: 4.8mg, Naringenin: 4.8mg, Naringenin: 4.8mg, Naringenin: 4.8mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 234.67kcal (11.73%), Fat: 4.49g (6.91%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 46.34g (16.85%), Sugar: 43.49g (48.33%), Cholesterol: 96.82mg (32.27%), Sodium: 39.9mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin C: 21.73mg (26.34%), Selenium: 8.43µg (12.04%), Vitamin A: 516.21IU (10.32%), Vitamin B2: 0.15mg (8.59%), Folate: 23.85µg (5.96%), Phosphorus: 48.35mg (4.83%), Potassium: 150.5mg (4.3%), Vitamin B5: 0.42mg (4.2%), Vitamin B6: 0.08mg (3.89%), Fiber: 0.9g (3.59%), Vitamin B1: 0.05mg (3.52%), Calcium: 32.95mg (3.3%), Vitamin D: 0.49µg (3.29%), Vitamin B12: 0.18µg (3.08%), Vitamin E: 0.4mg (2.68%), Magnesium: 9.63mg (2.41%), Iron: 0.38mg (2.11%), Copper: 0.04mg (1.93%), Zinc: 0.25mg (1.67%), Manganese: 0.03mg (1.65%), Vitamin B3: 0.21mg (1.07%)