



## Chocolate and Berry-Covered Meringue

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

### Ingredients

- 2 cups blueberries fresh
- 4 large egg whites
- 1 teaspoon juice of lemon fresh
- 2 cups raspberries fresh
- 1 Dash salt
- 0.3 cup bittersweet chocolate chopped
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract

4 teaspoons water

## Equipment

bowl

baking sheet

baking paper

oven

blender

microwave

## Directions

Preheat oven to 200

To prepare meringue, cover a baking sheet with parchment paper. Draw a 9-inch circle on paper. Turn paper over; secure with masking tape.

Place egg whites and salt in a large bowl; beat with a mixer at high speed until foamy.

Add juice and vanilla; beat until soft peaks form.

Add 3/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.

Spoon egg white mixture into 9-inch circle on prepared baking sheet. Shape meringue into a nest with 1-inch sides using the back of a spoon.

Bake at 200 for 1 hour. Turn oven off; cool meringue in closed oven for 30 minutes. Carefully remove meringue from paper.

To prepare topping, place chocolate and water in a small microwave-safe bowl. Microwave at high 1 minute or until chocolate melts, stirring every 20 seconds.

Arrange berries on top of meringue; drizzle with chocolate sauce.

Garnish with mint sprigs, if desired.

## Nutrition Facts



■ PROTEIN 7.09% ■ FAT 14.41% ■ CARBS 78.5%

## Properties

Glycemic Index:17.01, Glycemic Load:15.3, Inflammation Score:-3, Nutrition Score:4.7147825554661%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 149.98kcal (7.5%), Fat: 2.5g (3.85%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 27.39g (9.96%), Sugar: 25.9g (28.77%), Cholesterol: 0.33mg (0.11%), Sodium: 33.79mg (1.47%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 4.7mg (1.57%), Protein: 2.77g (5.54%), Manganese: 0.4mg (20.05%), Vitamin C: 11.69mg (14.17%), Fiber: 3.28g (13.11%), Vitamin K: 9.87µg (9.4%), Vitamin B2: 0.11mg (6.21%), Copper: 0.12mg (6.11%), Selenium: 3.97µg (5.67%), Magnesium: 20.35mg (5.09%), Potassium: 133.08mg (3.8%), Iron: 0.68mg (3.78%), Vitamin E: 0.51mg (3.37%), Phosphorus: 29.9mg (2.99%), Folate: 9.31µg (2.33%), Zinc: 0.34mg (2.25%), Vitamin B3: 0.4mg (1.99%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.03mg (1.73%), Calcium: 14.6mg (1.46%)