



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

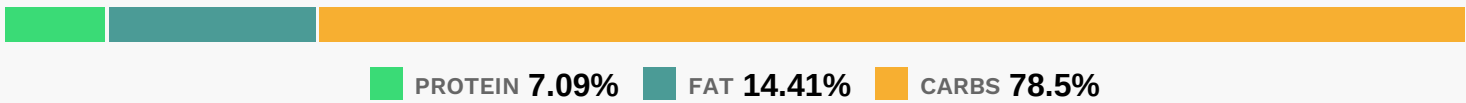
Equipment

- ☐ 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



Properties

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

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

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%)