



Chocolate Meringues and Strawberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 5 teaspoons cocoa powder sifted
- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 ounces chocolate dark shaved (60%-70% cacao)
- ☐ 3 egg whites at room temperature
- ☐ 0.8 cup granulated sugar divided
- ☐ 0.8 cup heavy whipping cream
- ☐ 16 ounce strawberries frozen thawed halved

☐ 2 tablespoons sugar

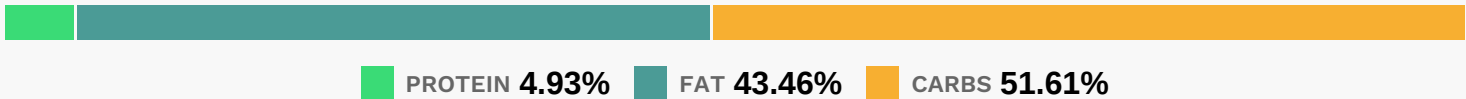
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 325°. In a bowl, combine strawberries, 2 tablespoons granulated sugar and vinegar. Using an electric mixer, beat egg whites until peaks form.
- ☐ Add cream of tartar and a pinch of salt; beat to combine. Slowly add remaining 3/4 cup granulated sugar, beating until stiff peaks form.
- ☐ Sprinkle cocoa over egg mixture; whip until just combined.
- ☐ Spread into 6 mounds, 3 inches each, on a parchment paper-lined baking sheet. Make an indentation in the middle of each meringue so sides are 1/2-inch thick.
- ☐ Place in oven, reduce temperature to 300° and bake until meringues are dry on outside and soft in center, 50 minutes. Cool on sheets. Using an electric mixer, whip cream and confectioner's sugar. Top meringues evenly with berry mixture, whipped cream and chocolate.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:22.79, Inflammation Score:-5, Nutrition Score:8.5195651935494%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 304.26kcal (15.21%), Fat: 15.23g (23.43%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 37.83g (13.76%), Sugar: 36.02g (40.02%), Cholesterol: 33.9mg (11.3%), Sodium: 36.3mg (1.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.48mg (3.16%), Protein: 3.89g (7.78%), Vitamin C: 44.63mg (54.1%), Manganese: 0.51mg (25.62%), Copper: 0.24mg (12.2%), Fiber: 2.85g (11.4%), Magnesium: 39.37mg (9.84%), Vitamin B2: 0.15mg (9.02%), Vitamin A: 450.08IU (9%), Iron: 1.62mg (8.98%), Potassium: 270.75mg (7.74%), Selenium: 5.13µg (7.33%), Phosphorus: 73.04mg (7.3%), Folate: 20.2µg (5.05%), Calcium: 41.27mg (4.13%), Zinc: 0.56mg (3.7%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.48µg (3.17%), Vitamin K: 3.33µg (3.17%), Vitamin B6: 0.05mg (2.56%), Vitamin B5: 0.24mg (2.4%), Vitamin B3: 0.44mg (2.22%), Vitamin B1: 0.03mg (1.9%), Vitamin B12: 0.09µg (1.46%)