



## Cocoa Meringue Shells with Glazed Fresh Fruits

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup blueberries
- 0.1 teaspoon cream of tartar
- 3 large egg whites at room temperature ()
- 0.5 cup kiwifruit peeled thinly sliced
- 8 orange sections
- 8 servings pastry cream
- 1 tablespoon currant jelly melted

- 0.5 cup sugar
- 2 tablespoons cocoa unsweetened sifted
- 0.5 teaspoon vanilla extract

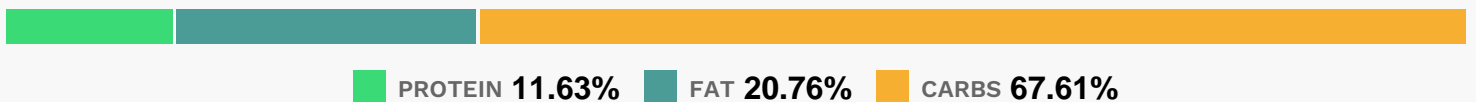
## Equipment

- baking sheet
- baking paper
- oven
- blender

## Directions

- Preheat oven to 22
- Place parchment paper over a large baking sheet. Draw 8 (3-inch) circles on parchment paper. Turn parchment paper over, and secure with masking tape. Beat egg whites, vanilla, and cream of tartar at high speed of a mixer until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat). Fold 2 tablespoons cocoa into mixture.
- Divide 1/2 cup egg white mixture evenly among the 8 drawn circles. Using the back of a spoon, shape egg white mixture into nests with 1-inch sides.
- Bake at 225 for 1 1/2 hours or until dry. Turn oven off; let meringues cool in oven at least 12 hours. Carefully remove meringue nests from paper. Fill each meringue with Pastry Cream; top with fruit. Gently brush fruit with jelly.
- Sprinkle 1/8 teaspoon cocoa over each serving, if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.11, Glycemic Load:20.13, Inflammation Score:-4, Nutrition Score:9.1595651481463%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 252.38kcal (12.62%), Fat: 5.95g (9.16%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 42.37g (15.41%), Sugar: 23.3g (25.88%), Cholesterol: 71.91mg (23.97%), Sodium: 140.82mg (6.12%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 7.5g (15.01%), Vitamin B2: 0.38mg (22.47%), Calcium: 208.46mg (20.85%), Phosphorus: 200.96mg (20.1%), Vitamin C: 15.99mg (19.38%), Selenium: 11.33µg (16.19%), Vitamin B12: 0.74µg (12.41%), Vitamin D: 1.69µg (11.28%), Potassium: 390.32mg (11.15%), Vitamin B5: 1.07mg (10.71%), Magnesium: 33.64mg (8.41%), Vitamin B1: 0.1mg (6.93%), Copper: 0.12mg (5.97%), Vitamin A: 297.99IU (5.96%), Zinc: 0.84mg (5.62%), Vitamin B6: 0.11mg (5.49%), Vitamin K: 5.66µg (5.39%), Folate: 20.91µg (5.23%), Fiber: 1.25g (4.98%), Manganese: 0.09mg (4.55%), Iron: 0.74mg (4.09%), Vitamin E: 0.28mg (1.88%), Vitamin B3: 0.33mg (1.63%)