Coconut, raspberry & lime meringue slice

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
105 min.	8	453 kcal

SIDE DISH

Ingredients

- [ ] 5 egg whites
- [ ] 280 g sugar
- [ ] 2 tsp cornstarch
- [ ] 2 tsp citrus champagne vinegar
- [ ] 85 g coconut flakes
- [ ] 8 servings coconut flakes flaked
- [ ] 300 ml double cream
- [ ] 50 g powdered sugar

- [ ] 2 lime zest
- [ ] 200 g raspberries frozen

Equipment

- [ ] baking sheet
- [ ] oven
- [ ] whisk

Directions

- [ ] Heat oven to 140C/120C fan/gas
- [ ] Line baking sheets with baking parchment and draw 3 rectangles, roughly 25cm x 12cm.
- [ ] Whisk whites to stiff. Gradually whisk in sugar to stiff again, then whisk in the cornflour and vinegar. Fold in the desiccated coconut and pipe, or spread, the meringue mix into 3 even rectangles. Scatter flaked coconut over one of the meringues and bake for 1 hr, then turn off oven and leave in there with the door shut for 1 hr. Leave to cool.
- [ ] Whisk cream, icing sugar and lime zest and juice to a thick consistency.
- [ ] Spread half over one meringue base (not the one with flaked coconut on top save that for the top), and scatter over half the raspberries. Sit second meringue base on top, spread with remaining cream and scatter with remaining raspberries. Top with coconut-covered meringue and serve.

Nutrition Facts

PROTEIN **4.17%** FAT **51.69%** CARBS **44.14%**

Properties

Glycemic Index:16.01, Glycemic Load:25.2, Inflammation Score:-5, Nutrition Score:8.0321739549222%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 453.37kcal (22.67%), Fat: 27.27g (41.95%), Saturated Fat: 20.49g (128.04%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 46.92g (17.06%), Sugar: 45.18g (50.2%), Cholesterol: 42.63mg (14.21%), Sodium: 50.15mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Manganese: 0.74mg (37%), Fiber: 5.46g (21.84%), Vitamin C: 11.97mg (14.5%), Selenium: 9.08µg (12.97%), Vitamin B2: 0.19mg (11.44%), Vitamin A: 571.16IU (11.42%), Copper: 0.21mg (10.46%), Phosphorus: 77.61mg (7.76%), Magnesium: 29.84mg (7.46%), Potassium: 234.56mg (6.7%), Iron: 1.04mg (5.78%), Vitamin B6: 0.1mg (4.85%), Vitamin E: 0.69mg (4.61%), Calcium: 43.85mg (4.38%), Zinc: 0.64mg (4.26%), Vitamin B5: 0.42mg (4.15%), Vitamin D: 0.6µg (4.02%), Vitamin K: 3.32µg (3.16%), Folate: 10.71µg (2.68%), Vitamin B1: 0.03mg (2.25%), Vitamin B3: 0.35mg (1.76%), Vitamin B12: 0.08µg (1.29%)