

Coupe Glacée Meringue

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- 2 cups berries mixed fresh (such as raspberries, blackberries, strawberries, blueberries)
- 2 large egg whites
- 6 servings mint leaves fresh
- 2 tablespoons honey
- 2 teaspoons juice of lemon fresh
- 0.7 cup sugar
- 1 vanilla pod split
- 6 servings whipped cream

Equipment

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

Directions

- Preheat oven to 200°F. Line a baking sheet with parchment paper. Using an electric mixer, beat egg whites on medium-high speed in a medium bowl until white and foamy. With mixer running, gradually add sugar by tablespoonfuls, beating until meringue is stiff and glossy. Scrape in seeds from vanilla bean.
- Add honey and continue to beat until seeds are evenly dispersed and no streaks of honey remain. Drop meringue by heaping tablespoonfuls onto prepared baking sheet.
- Bake until dry and slightly golden, about 2 hours.
- Let meringues cool on sheet (they will crisp as they cool).
- Combine berries, honey, and lemon juice in a medium bowl. Toss to combine.
- Let stand at room temperature for at least 1 hour to allow juices to form.
- Coarsely crumble meringues. Divide berries and juices among small bowls. Scoop vanilla ice cream into each bowl. Top with crumbled meringues.
- Garnish with mint.

Nutrition Facts



Properties

Glycemic Index: 30.56, Glycemic Load: 27.74, Inflammation Score: -3, Nutrition Score: 4.64826087848%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 278.55kcal (13.93%), Fat: 7.82g (12.03%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 50.33g (16.78%), Net Carbohydrates: 48.38g (17.59%), Sugar: 46.4g (51.56%), Cholesterol: 29.04mg (9.68%), Sodium: 72.41mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin B2: 0.24mg (13.86%), Calcium: 92.56mg (9.26%), Vitamin K: 8.67µg (8.26%), Fiber: 1.96g (7.82%), Phosphorus: 77.78mg (7.78%), Vitamin A: 344.21IU (6.88%), Potassium: 188.66mg (5.39%), Selenium: 3.63µg (5.19%), Manganese: 0.1mg (5.04%), Vitamin B5: 0.48mg (4.79%), Vitamin B12: 0.27µg (4.46%), Magnesium: 14.07mg (3.52%), Zinc: 0.52mg (3.5%), Vitamin B6: 0.07mg (3.32%), Vitamin C: 2.69mg (3.26%), Vitamin B1: 0.05mg (3.02%), Vitamin E: 0.45mg (2.99%), Folate: 8.97µg (2.24%), Copper: 0.04mg (2.12%), Vitamin B3: 0.38mg (1.92%), Iron: 0.25mg (1.41%)