



Creamy Raspberry Bites



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



457 kcal

SIDE DISH

Ingredients

- ☐ 5 egg whites
- ☐ 0.5 cup raspberries fresh
- ☐ 4 cups raspberries fresh
- ☐ 1.3 cups sugar divided
- ☐ 1 pound butter unsalted softened cut into 1-inch pieces
- ☐ 0.3 cup water

Equipment

- ☐ food processor

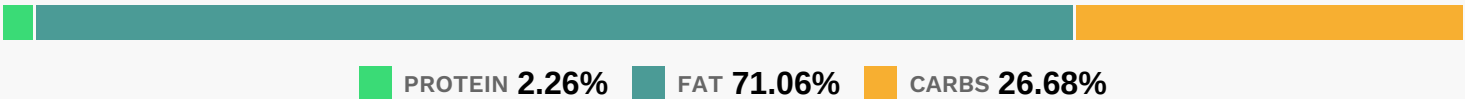
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Process 1/2 cup raspberries in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour through a wire-mesh strainer into a bowl, discarding solids. Set aside.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form. Gradually add 1/4 cup sugar, beating at low speed until blended; set aside.
- ☐ Cook remaining 1 cup sugar and 1/4 cup water in a heavy saucepan over low heat, without stirring, until sugar dissolves and a candy thermometer registers 248 (about 10 minutes).
- ☐ Remove from heat.
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating constantly at high speed for 5 minutes. Gradually add butter pieces and raspberry puree, and beat frosting mixture at medium speed 2 minutes or until creamy.
- ☐ Spoon frosting mixture into a 1-quart zip-top plastic freezer bag or piping bag. Seal freezer bag, and snip a tiny hole in 1 corner of bag. Pipe a small amount into hollow end of 4 cups fresh raspberries.
- ☐ Note: Frosting mixture may be stored in an airtight container in the refrigerator for up to 1 week. To soften for piping or spreading consistency, place in a glass bowl; microwave at HIGH 45 seconds.
- ☐ Whisk and then microwave 30 more seconds.
- ☐ Whisk until smooth.
- ☐ Creamy Berry Ladyfingers: Prepare frosting as directed. Pipe frosting on cut sides of 1 (3-ounce) package ladyfingers, split, and top evenly with 2 cups sliced strawberries. Dust with

powdered sugar. Prep: 35 min. Makes 24 servings.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:18.21, Inflammation Score:-6, Nutrition Score:5.9817390908366%

Flavonoids

Cyanidin: 24.72mg, Cyanidin: 24.72mg, Cyanidin: 24.72mg, Cyanidin: 24.72mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 457.36kcal (22.87%), Fat: 37.25g (57.3%), Saturated Fat: 23.31g (145.69%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 27.95g (10.16%), Sugar: 27.47g (30.52%), Cholesterol: 97.52mg (32.51%), Sodium: 30.98mg (1.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin A: 1151.35IU (23.03%), Manganese: 0.37mg (18.31%), Vitamin C: 14.15mg (17.15%), Fiber: 3.51g (14.04%), Vitamin E: 1.52mg (10.15%), Vitamin K: 7.39µg (7.04%), Vitamin B2: 0.11mg (6.27%), Selenium: 3.71µg (5.3%), Vitamin D: 0.68µg (4.54%), Magnesium: 14.5mg (3.62%), Potassium: 117.38mg (3.35%), Folate: 13.3µg (3.33%), Copper: 0.06mg (3.1%), Phosphorus: 28.8mg (2.88%), Calcium: 25.86mg (2.59%), Vitamin B5: 0.26mg (2.56%), Iron: 0.41mg (2.26%), Zinc: 0.28mg (1.83%), Vitamin B3: 0.36mg (1.79%), Vitamin B6: 0.03mg (1.59%), Vitamin B12: 0.09µg (1.51%), Vitamin B1: 0.02mg (1.34%)