



Esponjado de Maracuya or Passion Fruit

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 14 oz condensed milk canned
- ☐ 3 egg whites
- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 1 cup heavy cream
- ☐ 1.5 cup passion fruit puree
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

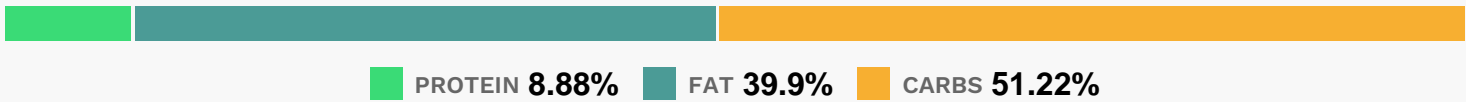
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ hand mixer

Directions

- ☐ In a small pot add the water and gelatin. Over medium heat let it cook for about 2 minutes or until the gelatin dissolves.
- ☐ Place the passion fruit puree and condensed milk in a blender and blend for about 2 minutes.
- ☐ Add the dissolved gelatin to the blender and blend for 1 more minute. In a medium bowl, using an electric mixer beat the heavy cream for about 3 minutes. Fold the whipped cream into the passion fruit mixture. Using an electric mixer beat the egg whites and sugar in a clean bowl until stiff.
- ☐ Add half of the egg whites to the mixture, gently folding to incorporate them. Don't overwork the mixture.
- ☐ Add the rest of the whites and fold the mixtures together. Spoon the mixture into individual serving glasses or bowls and refrigerate for about 5 hours or overnight.
- ☐ Serve with whipped cream or chopped graham crackers on top.

Nutrition Facts



Properties

Glycemic Index:20.14, Glycemic Load:22.55, Inflammation Score:-7, Nutrition Score:8.423913034408%

Nutrients (% of daily need)

Calories: 336.17kcal (16.81%), Fat: 15.41g (23.7%), Saturated Fat: 9.59g (59.96%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 39.89g (14.51%), Sugar: 39.13g (43.48%), Cholesterol: 50.49mg (16.83%), Sodium: 104.37mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Vitamin A: 1132.65IU (22.65%), Vitamin B2: 0.37mg (21.91%), Fiber: 4.6g (18.41%), Vitamin C: 14.74mg (17.87%), Phosphorus: 174.89mg (17.49%), Calcium: 167.47mg (16.75%), Selenium: 11.13µg (15.91%), Potassium: 384.91mg (11%), Magnesium: 29.34mg (7.34%), Iron: 0.85mg (4.74%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.28µg (4.6%), Vitamin B6: 0.08mg (4.03%), Vitamin B3: 0.8mg (4%), Zinc: 0.59mg (3.92%), Vitamin D: 0.58µg (3.83%), Copper: 0.07mg (3.61%), Vitamin B1: 0.05mg

(3.42%), Folate: 13.55µg (3.39%), Vitamin E: 0.36mg (2.41%), Vitamin K: 1.56µg (1.49%)