

Eton mess stacks



Vegetarian



Gluten Free



Popular

READY IN



21 min.

SERVINGS



4

CALORIES



633 kcal

SIDE DISH

Ingredients

- ☐ 1 egg whites
- ☐ 350 g powdered sugar
- ☐ 1 tsp nigella seeds crushed
- ☐ 4 servings cooking oil for greasing
- ☐ 142 ml double cream
- ☐ 2 juice of lemon
- ☐ 250 g raspberries

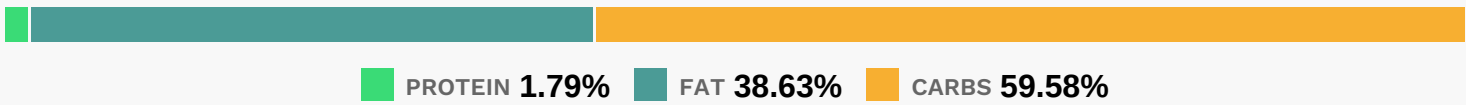
Equipment

- ☐ baking paper
- ☐ whisk
- ☐ microwave

Directions

- ☐ Lightly whisk the egg white, then stir in the icing sugar and cardamom to make a firm fondant icing.
- ☐ Roll the icing into 8 golfballsize balls (you probably wont need all of it). Two at a time, place the balls at opposite ends of a greased piece of baking paper, then microwave for 30-40 secs on High until quadrupled in size. Leave to cool for a few mins, then lift off the paper and repeat until all the balls are cooked.
- ☐ Whip the cream with half the lemon juice. Crush half the raspberries, then fold through the cream. To serve, place a little splodge of raspberry cream onto each plate. Stack a meringue with some more cream, then place another meringue on top. Spoon over more cream, then top with a few whole raspberries. Dust with icing sugar and serve.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:7.5004347199979%

Flavonoids

Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 632.65kcal (31.63%), Fat: 27.95g (43%), Saturated Fat: 9.34g (58.38%), Carbohydrates: 96.97g (32.32%), Net Carbohydrates: 92.76g (33.73%), Sugar: 89.83g (99.81%), Cholesterol: 40.35mg (13.45%), Sodium: 24.62mg (1.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 22.39mg (27.14%), Vitamin E: 3.34mg (22.3%), Manganese: 0.43mg (21.26%), Fiber: 4.23g (16.9%), Vitamin K: 16µg (15.24%), Vitamin A: 546.49IU (10.93%), Vitamin B2: 0.14mg (8.39%), Selenium: 3.24µg (4.62%), Potassium: 157.73mg (4.51%), Magnesium: 17.97mg (4.49%), Folate: 17.85µg (4.46%), Calcium: 41.49mg (4.15%), Phosphorus: 41.16mg (4.12%), Vitamin D: 0.57µg (3.81%), Copper: 0.07mg (3.52%), Vitamin B5: 0.33mg (3.31%), Iron: 0.54mg (2.99%), Vitamin B6: 0.05mg (2.71%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.42mg (2.09%), Vitamin B1: 0.03mg (2.07%), Vitamin B12: 0.06µg (1.06%)