

Floating Islands



Vegetarian



Gluten Free

READY IN



325 min.

SERVINGS



6

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 1 egg white
- ☐ 6 egg whites
- ☐ 3 cups milk
- ☐ 1.8 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 vanilla pod
- ☐ 0.5 teaspoon water
- ☐ 2 quarts water

- ☐ 9 yolks
- ☐ 16 confetti roses organic
- ☐ 16 confetti roses organic

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ mixing bowl
- ☐ kitchen towels
- ☐ spatula
- ☐ ice cream scoop

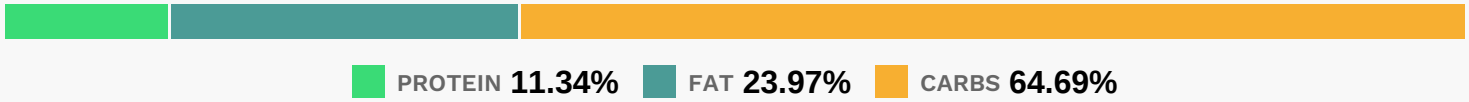
Directions

- ☐ In a saucepan, bring the milk to a boil with the vanilla bean.
- ☐ Let sit 15 minutes to infuse.
- ☐ Whisk yolks with 1 cup of the sugar then temper with hot milk. Return to the heat and cook gently to thicken. Strain and place over ice water and stir to cool and thicken. Chill.
- ☐ Simmer 2 quarts of water in a large frying pan but do not boil. Meanwhile, beat the whites until stiff but not dry. Gradually add the remaining 3/4-cup of sugar and continue beating until glossy, about 30 more seconds.
- ☐ Place a large sheet pan next to the water, lined with waxed paper dampened slightly. Using a large star tip or 2 dessert spoons or an ice cream scoop, squeeze out rosettes onto the paper.
- ☐ Using a spatula, lift the rosettes off the paper 1 at a time and slide them into the simmering water. Poach for 7 minutes on the bottom then turn over for 3 minutes, not allowing them to touch while poaching.
- ☐ Drain on a dish towel.

- ☐
- Remove to a sheet pan and chill.

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Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:45.68, Inflammation Score:-3, Nutrition Score:10.209565240404%

Nutrients (% of daily need)

Calories: 419.3kcal (20.97%), Fat: 11.38g (17.51%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 69.11g (23.04%), Net Carbohydrates: 69.11g (25.13%), Sugar: 68.48g (76.09%), Cholesterol: 306.24mg (102.08%), Sodium: 133.84mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Selenium: 24.81µg (35.45%), Vitamin B2: 0.48mg (28.02%), Phosphorus: 233.77mg (23.38%), Vitamin B12: 1.22µg (20.28%), Calcium: 197.44mg (19.74%), Vitamin D: 2.8µg (18.67%), Vitamin B5: 1.33mg (13.29%), Vitamin A: 586.98IU (11.74%), Folate: 40.82µg (10.2%), Vitamin B6: 0.17mg (8.53%), Vitamin B1: 0.12mg (7.82%), Zinc: 1.17mg (7.8%), Potassium: 270.73mg (7.74%), Magnesium: 23mg (5.75%), Vitamin E: 0.76mg (5.05%), Iron: 0.8mg (4.42%), Copper: 0.09mg (4.25%), Manganese: 0.03mg (1.3%)