



French in a Flash: Tricolore Berry Meringue Creams for Bastille Day



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 25 blueberries
- ☐ 4 currants red
- ☐ 2 tablespoons granulated sugar
- ☐ 1 cup cup heavy whipping cream very cold
- ☐ 20 raspberries
- ☐ 1 vanilla pod

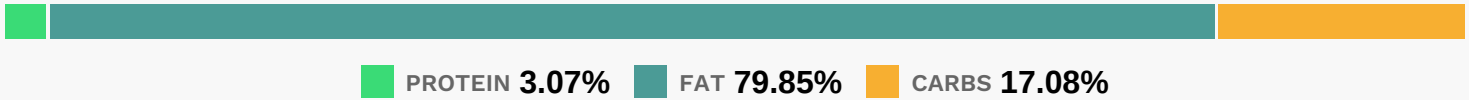
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ In a large bowl, add the cream and the vanilla seeds.
- ☐ Whisk until stiff. Stir in the sugar.
- ☐ Arrange the meringue nests on a platter. Fill each with a quarter of the vanilla cream.
- ☐ Arrange the berries on top. To make them look their best, arrange the raspberries first: a cluster of 3 opposite a cluster of
- ☐ Fill in the gaps with the blueberries, and top with a strand of red currants.
- ☐ Serve right away, although these will keep okay covered with plastic wrap in the fridge for about an hour.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:4.72, Inflammation Score:-5, Nutrition Score:3.4647826111835%

Flavonoids

Cyanidin: 5.26mg, Cyanidin: 5.26mg, Cyanidin: 5.26mg, Cyanidin: 5.26mg Petunidin: 2.59mg, Petunidin: 2.59mg, Petunidin: 2.59mg Delphinidin: 3.01mg, Delphinidin: 3.01mg, Delphinidin: 3.01mg, Delphinidin: 3.01mg Malvidin: 5.5mg, Malvidin: 5.5mg, Malvidin: 5.5mg, Malvidin: 5.5mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 238.73kcal (11.94%), Fat: 21.78g (33.51%), Saturated Fat: 13.69g (85.56%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.6g (3.49%), Sugar: 9.05g (10.06%), Cholesterol: 67.24mg (22.41%), Sodium: 16.32mg (0.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin A: 882.76IU (17.66%), Vitamin B2: 0.12mg (7.1%), Vitamin D: 0.95µg (6.35%), Vitamin C: 4.18mg (5.06%), Manganese: 0.1mg (4.85%), Vitamin E: 0.68mg (4.54%), Calcium: 42.65mg (4.26%), Vitamin K: 4.36µg (4.15%), Phosphorus: 38.83mg (3.88%), Fiber: 0.89g (3.55%), Selenium: 1.86µg (2.65%), Potassium: 80.75mg (2.31%), Vitamin B5: 0.2mg (1.95%), Magnesium: 6.98mg (1.75%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.2mg (1.34%), Folate: 5.05µg (1.26%), Vitamin B1: 0.02mg (1.23%), Copper: 0.02mg (1.08%)