



Fresh Strawberry Meringue Cake

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



12

CALORIES



643 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 0.5 teaspoon cream of tartar
- 7 egg whites at room temperature
- 16 oz mascarpone cheese
- 1 cup pecans chopped
- 0.1 teaspoon salt
- 4.5 cups strawberries fresh sliced
- 12 servings strawberries fresh halved

- 2 cups sugar divided
- 2 teaspoons vanilla extract
- 3 cups whipping cream
- 12 servings frangelico
- 12 servings frangelico

Equipment

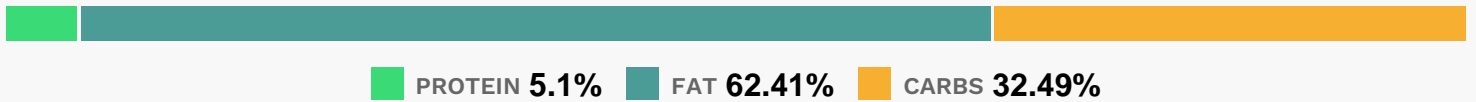
- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- hand mixer

Directions

- Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 10 to 12 minutes or until toasted and fragrant, stirring halfway through.
- Remove from oven, and cool completely (about 10 minutes). Reduce oven temperature to 25
- Cover 2 large baking sheets with parchment paper. Draw 2 (8-inch) circles on each piece of paper. Turn paper over; secure with masking tape.
- Process cornstarch, salt, toasted pecans, and 1/2 cup sugar in a food processor 40 to 45 seconds or until pecans are finely ground.
- Beat egg whites and cream of tartar at high speed with an electric mixer until foamy. Gradually add 1 cup sugar, 1 Tbsp. at a time, beating at medium-high speed until mixture is glossy, stiff peaks form, and sugar dissolves (2 to 4 minutes; do not overbeat).
- Add half of pecan mixture to egg white mixture, gently folding just until blended. Repeat procedure with remaining pecan mixture.

- Gently spoon egg white mixture onto circles drawn on parchment paper (about 1 1/2 cups mixture per circle), spreading to cover each circle completely.
- Bake at 250 for 1 hour, turning baking sheets after 30 minutes. Turn oven off; let meringues stand in closed oven with light on 2 to 2 1/2 hours or until surface is dry and meringues can be lifted from paper without sticking to fingers.
- Just before assembling cake, stir together mascarpone cheese and vanilla in a large bowl just until blended.
- Beat whipping cream at low speed until foamy; increase speed to medium-high, and gradually add remaining 1/2 cup sugar, beating until stiff peaks form. (Do not overbeat or cream will be grainy.) Gently fold whipped cream into mascarpone mixture.
- Carefully remove 1 meringue from parchment paper; place on a serving plate.
- Spread one-fourth mascarpone mixture (about 2 cups) over meringue; top with 1 1/2 cups sliced strawberries. Repeat layers 2 times; top with remaining meringue, mascarpone mixture, and halved strawberries.
- Serve immediately, or chill up to 2 hours.
- Cut with a sharp, thin-bladed knife.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:27.81, Inflammation Score:-8, Nutrition Score:15.751739133959%

Flavonoids

Cyanidin: 4.3mg, Cyanidin: 4.3mg, Cyanidin: 4.3mg, Cyanidin: 4.3mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 49.2mg, Pelargonidin: 49.2mg, Pelargonidin: 49.2mg, Pelargonidin: 49.2mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 6.82mg, Catechin: 6.82mg, Catechin: 6.82mg, Catechin: 6.82mg Epigallocatechin: 2.06mg, Epigallocatechin: 2.06mg, Epigallocatechin: 2.06mg, Epigallocatechin: 2.06mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

Myricetin: 0.08mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg Gallocatechin:
0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 643.28kcal (32.16%), Fat: 45.76g (70.4%), Saturated Fat: 24.86g (155.38%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 48.78g (17.74%), Sugar: 45.26g (50.28%), Cholesterol: 105.03mg (35.01%), Sodium: 92.69mg (4.03%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 8.41g (16.81%), Vitamin C: 116.88mg (141.67%), Manganese: 1.18mg (58.97%), Vitamin A: 1432.69IU (28.65%), Fiber: 4.84g (19.38%), Vitamin B2: 0.25mg (14.77%), Calcium: 131.91mg (13.19%), Folate: 52.6µg (13.15%), Potassium: 447.55mg (12.79%), Phosphorus: 110.04mg (11%), Copper: 0.22mg (10.92%), Magnesium: 42.94mg (10.74%), Selenium: 6.66µg (9.51%), Vitamin E: 1.25mg (8.33%), Vitamin B1: 0.12mg (8.01%), Vitamin B6: 0.13mg (6.7%), Vitamin D: 0.95µg (6.35%), Iron: 1.14mg (6.35%), Vitamin K: 6.58µg (6.26%), Zinc: 0.84mg (5.61%), Vitamin B5: 0.51mg (5.11%), Vitamin B3: 0.93mg (4.65%), Vitamin B12: 0.11µg (1.85%)