



Frozen Citrus Cups

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

Ingredients

- 8 clementines (see Notes)
- 4 large egg whites at room temperature
- 1 pint lemon sorbet
- 0.1 teaspoon salt
- 0.7 cup sugar
- 1 pint premium vanilla ice cream

Equipment

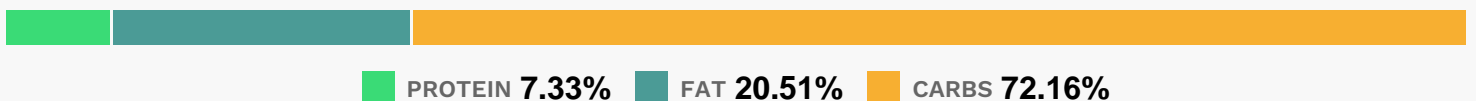
- oven

- mixing bowl
- blender
- plastic wrap

Directions

- Cut clementines in half crosswise and juice them, being careful not to tear the peels; use juice to make clementine sorbet, or simply save for another use. With a small spoon, gently scrape out and discard remaining membranes.
- Place clementine cups (you will have 1
- on a tray and freeze at least 20 minutes and up to overnight; cover with plastic wrap if freezing longer than 1 hour.
- Make clementine sorbet, if using, or let purchased sorbet stand at room temperature 5 to 10 minutes to soften. Fill each citrus cup halfway with sorbet. Return cups to the freezer for at least 30 minutes.
- Let ice cream stand at room temperature 5 to 10 minutes to soften. Spoon over sorbet to completely fill each citrus cup. Return cups to the freezer for at least 30 minutes.
- Make meringue topping: In a large, clean, dry mixing bowl, with a mixer on high speed, whip egg whites until frothy, then slowly pour in sugar and salt. Continue whipping until whites are stiff and shiny. Pipe or spoon meringue on top of each citrus cup, being careful to cover all of the ice cream. The cups can be prepared to this point up to a day before serving and kept in the freezer (cover with plastic wrap if freezing longer than 1 hour).
- When ready to serve, preheat oven to 35
- Place cups on their chilled tray in the hot oven and briefly bake until meringue is golden brown, about 3 minutes.
- Remove from oven and transfer two cups to each of 8 small dessert plates.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:25.24, Inflammation Score:-3, Nutrition Score:6.4900000918171%

Nutrients (% of daily need)

Calories: 303.3kcal (15.17%), Fat: 6.99g (10.76%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 55.37g (18.46%), Net Carbohydrates: 52.57g (19.12%), Sugar: 47.32g (52.58%), Cholesterol: 26.02mg (8.67%), Sodium: 151.58mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin C: 36.47mg (44.2%), Vitamin B2: 0.24mg (14.1%), Fiber: 2.8g (11.18%), Calcium: 99.25mg (9.93%), Phosphorus: 80.12mg (8.01%), Potassium: 275.92mg (7.88%), Selenium: 4.54µg (6.48%), Vitamin B1: 0.09mg (5.9%), Folate: 21.38µg (5.34%), Vitamin A: 249.01IU (4.98%), Vitamin B5: 0.49mg (4.87%), Magnesium: 17.5mg (4.37%), Vitamin B6: 0.08mg (4.24%), Vitamin B12: 0.25µg (4.09%), Zinc: 0.46mg (3.06%), Vitamin B3: 0.56mg (2.78%), Copper: 0.05mg (2.52%), Vitamin E: 0.33mg (2.17%), Manganese: 0.02mg (1.22%)