



Ginger Cardamom Oeufs à la Neige

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cornstarch
- 3 large eggs
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground ginger
- 0.3 cup pistachios shelled chopped
- 0.1 teaspoon salt
- 0.5 cup sugar divided
- 0.5 teaspoon vanilla extract pure

- 2 cups milk whole

Equipment

- bowl
- frying pan
- ladle
- baking paper
- whisk
- pot
- sieve
- hand mixer
- kitchen thermometer
- slotted spoon

Directions

- Line bottom of a small 4-sided sheet pan with parchment paper.
- Separate 2 eggs; put yolks in a large bowl and whites in another.
- Add whole egg to yolks.
- Beat whites with a pinch of salt using an electric mixer until they hold soft peaks.
- Add 1/2 cup sugar in a slow stream, beating at medium-high speed until whites hold stiff, glossy peaks.
- Meanwhile, bring milk to a bare simmer with ginger and cardamom in a wide 4-quart heavy pot over medium heat.
- Drop 4 large dollops of beaten whites into milk and poach at a bare simmer, turning once, 4 minutes.
- Transfer with a slotted spoon to lined pan (reserve milk).
- Whisk remaining 3 tablespoons sugar, cornstarch, and salt into yolk mixture.
- Add hot milk in a slow stream, whisking until incorporated, then return to pot. Cook, stirring often, until thickened and an instant-read thermometer registers 170°F. Strain through a fine-mesh sieve into a clean bowl. Stir in vanilla.

Quick-chill custard by setting bowl in an ice bath and stirring occasionally, about 20 minutes. Ladle into 4 bowls and put a meringue in each.

Sprinkle with nuts.

Nutrition Facts

PROTEIN 15.01% **FAT 36.2%** **CARBS 48.79%**

Properties

Glycemic Index:32.77, Glycemic Load:19.86, Inflammation Score:-3, Nutrition Score:9.5921739871087%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 269.9kcal (13.49%), Fat: 11.06g (17.01%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 32.67g (11.88%), Sugar: 31.62g (35.13%), Cholesterol: 154.14mg (51.38%), Sodium: 172.77mg (7.51%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 10.32g (20.64%), Phosphorus: 235.84mg (23.58%), Vitamin B2: 0.36mg (21.05%), Selenium: 14.67µg (20.95%), Calcium: 180.25mg (18.03%), Vitamin B12: 0.99µg (16.54%), Vitamin D: 2.09µg (13.95%), Vitamin B6: 0.27mg (13.54%), Manganese: 0.23mg (11.42%), Vitamin B5: 1.07mg (10.71%), Vitamin B1: 0.15mg (10.04%), Potassium: 319.51mg (9.13%), Vitamin A: 432.12IU (8.64%), Zinc: 1.17mg (7.83%), Magnesium: 29.33mg (7.33%), Copper: 0.13mg (6.61%), Iron: 1.04mg (5.77%), Folate: 21.58µg (5.39%), Vitamin E: 0.63mg (4.21%), Fiber: 0.86g (3.46%), Vitamin B3: 0.28mg (1.42%)