



## Ginger-Cream Meringue Sandwiches

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



2496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup planters almonds divided toasted sliced
- 8 oz philadelphia cream cheese softened
- 3 oz crystallized ginger finely chopped ()
- 4 egg whites
- 1 Tbsp honey
- 1 cup caster sugar

### Equipment

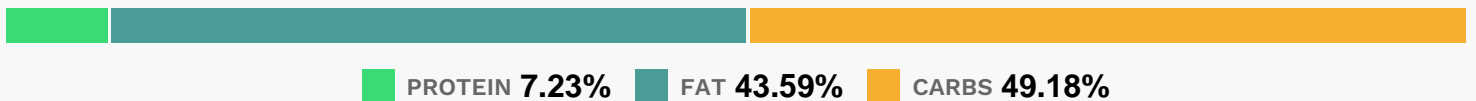
- food processor

- baking sheet
- baking paper
- oven
- hand mixer

## Directions

- Preheat oven to 300F. Trace 50 (2-inch) circles on large sheets of parchment paper; place on baking sheets. Set aside.
- Place 3/4 cup of the almonds in food processor; pulse until finely chopped. Set aside. Beat egg whites with electric mixer on medium speed until stiff peaks form.
- Add sugar, 1 Tbsp. at a time, beating until sugar is well blended and dissolved after each addition. Gently stir in finely chopped almonds.
- Spoon 1 Tbsp. egg white mixture onto each parchment circle; lightly spread to edge of circle. Top each with 3 or 4 of the remaining sliced almonds.
- Bake 25 to 30 min. or until meringues are golden brown. (Meringues should lift easily off the paper and sound hollow when tapped.) Cool completely.
- Mix cream cheese, ginger and honey until well blended.
- Spread about 2 tsp. of the cream cheese mixture onto each of 25 meringues just before serving; top each with a second meringue to make sandwich.

## Nutrition Facts



## Properties

Glycemic Index:159.36, Glycemic Load:152.86, Inflammation Score:-10, Nutrition Score:39.110434734303%

## Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 2.38mg, Epigallocatechin: 2.38mg, Epigallocatechin: 2.38mg, Epigallocatechin: 2.38mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 2495.89kcal (124.79%), Fat: 124.77g (191.95%), Saturated Fat: 49.31g (308.18%), Carbohydrates: 316.77g (105.59%), Net Carbohydrates: 305.23g (110.99%), Sugar: 294.65g (327.39%), Cholesterol: 229.06mg (76.35%), Sodium: 927.98mg (40.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.6g (93.19%), Vitamin E: 25.5mg (170.02%), Vitamin B2: 2.14mg (126.07%), Manganese: 2.17mg (108.26%), Magnesium: 282.43mg (70.61%), Phosphorus: 704.03mg (70.4%), Selenium: 48.64µg (69.49%), Vitamin A: 3046.79IU (60.94%), Copper: 1.04mg (51.88%), Calcium: 479.13mg (47.91%), Fiber: 11.54g (46.17%), Potassium: 1184.25mg (33.84%), Zinc: 4.11mg (27.38%), Iron: 3.95mg (21.93%), Vitamin B5: 1.97mg (19.66%), Vitamin B3: 3.69mg (18.44%), Folate: 66.11µg (16.53%), Vitamin B1: 0.25mg (16.37%), Vitamin B6: 0.26mg (13.2%), Vitamin B12: 0.61µg (10.12%), Vitamin K: 4.76µg (4.54%)