



Gooseberry meringue tart

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



626 kcal

DESSERT

Ingredients

- ☐ 375 g pack shortcrust pastry (preferably dessert pastry)
- ☐ 50 g butter
- ☐ 100 g brown sugar light
- ☐ 500 g gooseberry
- ☐ 2 egg whites
- ☐ 100 g caster sugar
- ☐ 1 tsp cornflour

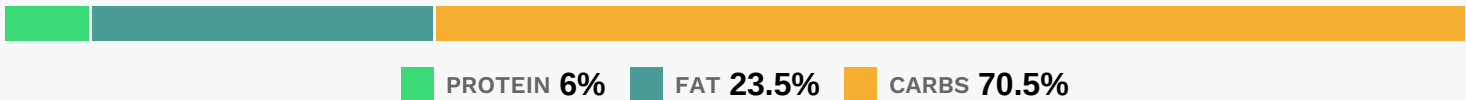
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 180C/fan160C/gas
- ☐ Roll out the pastry on a lightly floured surface, then use it to line a 23cm loose-bottom tart tin. Line with non-stick baking parchment and baking beans, then bake for 15 mins.
- ☐ Remove the beans, then cook for 10 mins more until golden.
- ☐ Remove from the oven, then reduce the heat to 140C/fan 120C/gas
- ☐ While the case is cooking, heat the butter and brown sugar in a shallow pan. When the sugar has completely dissolved, throw in the gooseberries and toss in the caramel. Cook for a few mins until they start to split, but before they have burst completely.
- ☐ Remove from heat and leave to cool. Once cool give them a stir, then tip into pastry case.
- ☐ For the meringue topping, whisk the egg whites to soft peaks.
- ☐ Whisk in the caster sugar a spoonful at a time, then whisk in the cornflour. Carefully blob the meringue over the gooseberries and gently spread to cover.
- ☐ Bake for about 40 mins until the meringue is cooked and lightly browned.

Nutrition Facts



Properties

Glycemic Index:43.27, Glycemic Load:36.62, Inflammation Score:-7, Nutrition Score:15.397826021132%

Flavonoids

Cyanidin: 10.91mg, Cyanidin: 10.91mg, Cyanidin: 10.91mg, Cyanidin: 10.91mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Galliccatechin: 0.55mg, Galliccatechin: 0.55mg, Galliccatechin: 0.55mg, Galliccatechin: 0.55mg

Nutrients (% of daily need)

Calories: 625.89kcal (31.29%), Fat: 16.59g (25.53%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 112.04g (37.35%), Net Carbohydrates: 104.88g (38.14%), Sugar: 49.48g (54.98%), Cholesterol: 26.88mg (8.96%), Sodium: 566.63mg (24.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin C: 34.63mg (41.97%), Selenium: 26.18µg (37.4%), Vitamin B1: 0.56mg (37.23%), Manganese: 0.65mg (32.26%), Fiber: 7.16g (28.64%), Vitamin B2: 0.43mg (25.41%), Folate: 91.22µg (22.81%), Vitamin B3: 4.24mg (21.21%), Iron: 3.6mg (20.02%), Vitamin A: 674.88IU (13.5%), Phosphorus: 110.38mg (11.04%), Potassium: 378.09mg (10.8%), Copper: 0.2mg (9.97%), Magnesium: 30.73mg (7.68%), Vitamin B5: 0.72mg (7.16%), Vitamin B6: 0.14mg (6.98%), Calcium: 66.62mg (6.66%), Vitamin E: 0.83mg (5.52%), Zinc: 0.64mg (4.24%), Vitamin K: 3.22µg (3.07%)