



Hazelnut meringue surprise

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



743 kcal

SIDE DISH

Ingredients

- ☐ 8 servings little butter for the tins
- ☐ 200 g hazelnuts
- ☐ 25 g icing sugar
- ☐ 6 egg whites
- ☐ 450 g golden caster sugar
- ☐ 1 tsp vanilla extract
- ☐ 0.5 tsp citrus champagne vinegar
- ☐ 200 g chocolate plain chopped

- ☐ 400 ml extra double cream thick
- ☐ 200 g raspberries

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ palette knife

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Butter and line the bases and sides of 2 x 20cm springform tins with baking parchment. Grind the hazelnuts and icing sugar in a food processor until fine.
- ☐ Whisk the egg whites until stiff, add half the caster sugar and whisk again until stiff, then repeat with the rest of the caster sugar. Fold in the vanilla, vinegar and ground nut mixture until well combined. Divide the mixture between the tins and bake for 25–30 mins until the tops are firm to the touch.
- ☐ Remove and cool in the tins on a wire rack. The meringues are very fragile and may crack a little, but dont worry.
- ☐ While the meringues cool, make the chocolate cream. Melt the chocolate in a bowl over a pan of barely simmering water, then remove from the heat. Leave to cool slightly, then stir in the cream and leave to set in a cool place.
- ☐ Carefully remove the cooled meringues from the tins and put one layer onto a serving plate. Lightly crush half of the berries with a fork. Using a palette knife, spread half the chocolate cream over the meringue and spoon over the berries. Top with the remaining layer, then ice with chocolate cream and decorate with remaining berries. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:6.46, Inflammation Score:-7, Nutrition Score:16.374782785125%

Flavonoids

Cyanidin: 13.12mg, Cyanidin: 13.12mg, Cyanidin: 13.12mg, Cyanidin: 13.12mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 742.79kcal (37.14%), Fat: 46.16g (71.02%), Saturated Fat: 20.28g (126.74%), Carbohydrates: 82.21g (27.4%), Net Carbohydrates: 76.79g (27.92%), Sugar: 74.38g (82.64%), Cholesterol: 67.59mg (22.53%), Sodium: 103.22mg (4.49%), Alcohol: 0.18g (100%), Alcohol %: 0.11% (100%), Caffeine: 16.5mg (5.5%), Protein: 9.02g (18.03%), Manganese: 1.88mg (93.76%), Copper: 0.63mg (31.69%), Vitamin E: 4.61mg (30.74%), Fiber: 5.43g (21.7%), Magnesium: 85.73mg (21.43%), Vitamin A: 877.59IU (17.55%), Vitamin B2: 0.29mg (17.29%), Phosphorus: 152.55mg (15.26%), Iron: 2.51mg (13.94%), Potassium: 441.68mg (12.62%), Calcium: 123.52mg (12.35%), Vitamin B1: 0.19mg (12.33%), Selenium: 8.1µg (11.58%), Vitamin B6: 0.21mg (10.37%), Vitamin C: 8.43mg (10.22%), Folate: 37.87µg (9.47%), Vitamin K: 9.03µg (8.6%), Zinc: 1.24mg (8.28%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.8µg (5.37%), Vitamin B3: 0.89mg (4.45%), Vitamin B12: 0.11µg (1.82%)