



Hazelnut meringues with hazelnut praline & chocolate sauce



Vegetarian



Gluten Free

READY IN



160 min.

SERVINGS



2

CALORIES



852 kcal

SIDE DISH

Ingredients

- ☐ 2 large egg whites
- ☐ 0.5 tsp juice of lemon
- ☐ 50 g brown sugar
- ☐ 50 g powdered sugar
- ☐ 25 g hazelnuts
- ☐ 50 g sugar
- ☐ 50 g hazelnuts

- ☐ 75 ml whipping cream
- ☐ 25 g brown sugar
- ☐ 25 g cocoa powder
- ☐ 25 g chocolate dark finely chopped
- ☐ 2 servings powdered sugar

Equipment

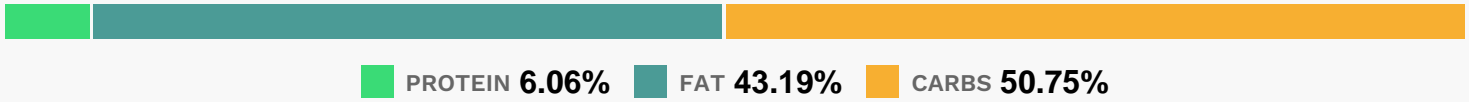
- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 120C/100C fan/gas
- ☐ For the meringues, whisk the egg whites with the lemon juice until soft peaks form.
- ☐ Add the caster sugar and continue whisking until stiff, add the icing sugar and ground nuts, then gently fold through until evenly combined. Line a baking tray with baking paper and pipe or spoon out rounds of meringue into 7cm discs.
- ☐ Bake for 1-2 hrs until crisp outside but still soft in the centre. Leave to cool. You need 3 rounds per person. Leftovers can be kept in an airtight container for about 1 week.
- ☐ To make the hazelnut praline, warm a small heavy-based pan over a medium heat and cook the caster sugar until it melts and turns a rich caramel colour. Carefully swirl the hazelnuts around the pan (be careful, the sugar is very hot) and allow them to caramelize and brown about 2 mins.
- ☐ Pour the mixture out onto a tray lined with baking paper. Leave to cool.
- ☐ Make the chocolate sauce by heating together 75ml water, the caster sugar and cocoa powder until boiling.
- ☐ Pour over the chocolate and whisk well until smooth.

- ☐ To serve, whisk the cream until soft peaks form. Finely chop the cooled praline by hand or in a food processor. Stir most of it through the whipped cream, setting a little aside.
- ☐ Place a meringue disc on each plate and top with a little of the cream.
- ☐ Add another disc, more cream, followed by the final disc. Top with icing sugar, cocoa powder and some of the reserved chopped praline, then spoon around some chocolate sauce

Nutrition Facts



Properties

Glycemic Index:61.55, Glycemic Load:18.85, Inflammation Score:-8, Nutrition Score:22.227826253228%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Catechin: 8.55mg, Catechin: 8.55mg, Catechin: 8.55mg, Catechin: 8.55mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 24.64mg, Epicatechin: 24.64mg, Epicatechin: 24.64mg, Epicatechin: 24.64mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 851.57kcal (42.58%), Fat: 43.6g (67.07%), Saturated Fat: 14.42g (90.12%), Carbohydrates: 115.26g (38.42%), Net Carbohydrates: 105.63g (38.41%), Sugar: 99.81g (110.9%), Cholesterol: 43mg (14.33%), Sodium: 81.51mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 38.75mg (12.92%), Protein: 13.77g (27.53%), Manganese: 3.07mg (153.46%), Copper: 1.37mg (68.66%), Magnesium: 161.72mg (40.43%), Vitamin E: 6.06mg (40.4%), Fiber: 9.63g (38.51%), Iron: 5.35mg (29.73%), Phosphorus: 267.43mg (26.74%), Potassium: 676.33mg (19.32%), Vitamin B2: 0.31mg (18.19%), Vitamin B1: 0.26mg (17.62%), Selenium: 12.07µg (17.24%), Zinc: 2.3mg (15.35%), Vitamin B6: 0.26mg (13.07%), Calcium: 126.86mg (12.69%), Folate: 49.83µg (12.46%), Vitamin A: 566.99IU (11.34%), Vitamin K: 7.76µg (7.39%), Vitamin B5: 0.64mg (6.38%), Vitamin B3: 1.18mg (5.9%), Vitamin D: 0.6µg (4.02%), Vitamin C: 3.07mg (3.72%), Vitamin B12: 0.13µg (2.08%)