



Hazelnut Meringues with Kumquat Conserva



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cup crème fraîche
- ☐ 2 large egg whites at room temperature
- ☐ 1.3 cups roasted hazelnuts
- ☐ 6 servings kumquat conserva
- ☐ 0.7 cup sugar
- ☐ 1.3 teaspoons vanilla extract divided
- ☐ 1 cup whipping cream

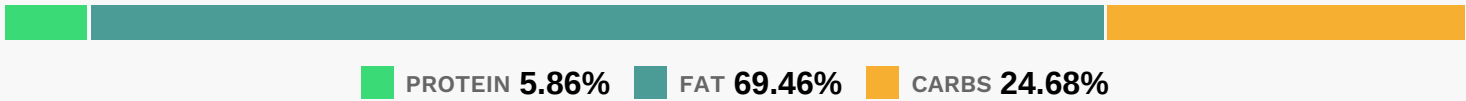
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 30
- ☐ Beat egg whites with a mixer on high speed until frothy. Beat in sugar, adding 1 tbsp. every 20 to 30 seconds, until meringue holds firm peaks when beaters are lifted. Beat in 3/4 tsp. vanilla extract and the cinnamon. Fold in all the nuts. Scoop meringue into 6 mounds on a baking sheet lined with parchment paper.
- ☐ Bake meringues 30 minutes. Reduce oven to 200 and bake until meringues are firm and crisp, 1 1/4 hours more. Turn off oven; let meringues sit at least 1 hour or overnight.
- ☐ Beat cream with remaining 1/2 tsp. vanilla extract in a bowl until thick. Fold in crme frache and spoon into 6 shallow bowls. Set a meringue on each and spoon conserva on top.
- ☐ Make ahead: For meringues, up to 5 days, stored airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.02, Glycemic Load:15.78, Inflammation Score:-6, Nutrition Score:12.313478418019%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg

Nutrients (% of daily need)

Calories: 462.36kcal (23.12%), Fat: 37.06g (57.01%), Saturated Fat: 14.11g (88.2%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 27.09g (9.85%), Sugar: 26.01g (28.9%), Cholesterol: 67.44mg (22.48%), Sodium: 41.26mg (1.79%), Alcohol: 0.29g (100%), Alcohol %: 0.26% (100%), Protein: 7.03g (14.07%), Manganese: 1.57mg (78.41%), Vitamin E: 4.26mg (28.43%), Copper: 0.45mg (22.36%), Vitamin A: 830.06IU (16.6%), Vitamin B2: 0.22mg (13.03%), Phosphorus: 126.58mg (12.66%), Magnesium: 48.92mg (12.23%), Vitamin B1: 0.18mg (11.82%), Fiber: 2.53g (10.14%), Calcium: 95.94mg (9.59%), Vitamin B6: 0.17mg (8.58%), Folate: 32.75µg (8.19%), Potassium: 277.43mg (7.93%), Selenium: 5.54µg (7.92%), Iron: 1.28mg (7.1%), Zinc: 0.84mg (5.63%), Vitamin K: 5.42µg (5.16%), Vitamin B5: 0.48mg (4.83%), Vitamin D: 0.63µg (4.23%), Vitamin C: 2.6mg (3.15%), Vitamin B3: 0.53mg (2.66%), Vitamin B12: 0.15µg (2.56%)