



Ice Cream Meringue Torte

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 10 servings m araschino cherries
- ☐ 3 cups ice-cream chocolate shell softened
- ☐ 10 servings cocoa powder
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup cherries dried
- ☐ 3 egg whites at room temperature
- ☐ 1 cup heavy cream
- ☐ 2 teaspoons espresso powder instant

- ☐ 0.3 cup rum white
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3 cups whipped cream softened
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 1 tablespoon water boiling

Equipment

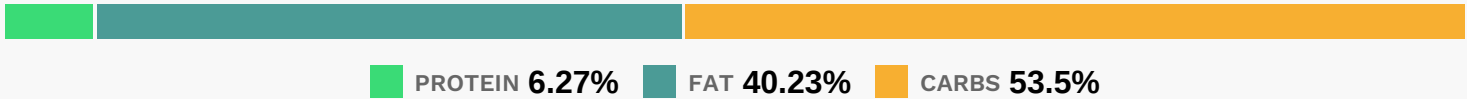
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ springform pan

Directions

- ☐ Preheat oven to 250F. Line a large baking sheet with parchment paper. Using a cake pan as a guide, draw two 8-inch circles; invert paper.
- ☐ Mix dried cherries and rum; set aside.
- ☐ Mix espresso and boiling water; set aside.
- ☐ Using an electric mixer, beat egg whites, cream of tartar and salt until soft peaks form. Beat in sugar, and then beat at high speed until stiff. Beat in espresso and vanilla.
- ☐ Spread egg-white mixture into 2 even disks in prepared parchment circles.
- ☐ Bake for 1 1/2 hours, then turn off oven and let stand in oven for 1 hour.
- ☐ Let cool. Peel off paper and place 1 meringue layer in a 9-inch springform pan.

- ☐ Drain cherries; pat dry. Stir into vanilla ice cream; spread into pan. Top with second meringue; freeze for 30 minutes.
- ☐ Combine chocolate ice cream and nuts; spread onto meringue. Cover with plastic wrap; freeze for 1 hour.
- ☐ Remove cake from pan. Whip heavy cream and spread on top. Dust with cocoa and garnish with cherries.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:25.71, Inflammation Score:-7, Nutrition Score:10.103478379872%

Flavonoids

Cyanidin: 42.45mg, Cyanidin: 42.45mg, Cyanidin: 42.45mg, Cyanidin: 42.45mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.75mg, Catechin: 6.75mg, Catechin: 6.75mg, Catechin: 6.75mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 8.96mg, Epicatechin: 8.96mg, Epicatechin: 8.96mg, Epicatechin: 8.96mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 474.78kcal (23.74%), Fat: 21.6g (33.23%), Saturated Fat: 11.35g (70.93%), Carbohydrates: 64.64g (21.55%), Net Carbohydrates: 59.62g (21.68%), Sugar: 55.46g (61.62%), Cholesterol: 57.78mg (19.26%), Sodium: 88.75mg (3.86%), Alcohol: 2.14g (100%), Alcohol %: 0.94% (100%), Caffeine: 9.77mg (3.26%), Protein: 7.57g (15.14%), Manganese: 0.4mg (20.11%), Fiber: 5.02g (20.1%), Vitamin A: 987.23IU (19.74%), Vitamin B2: 0.32mg (18.65%), Potassium: 586.95mg (16.77%), Phosphorus: 156.96mg (15.7%), Copper: 0.29mg (14.27%), Calcium: 141.39mg (14.14%), Vitamin C: 10.53mg (12.77%), Magnesium: 50.04mg (12.51%), Vitamin B5: 0.84mg (8.42%), Iron: 1.37mg (7.6%), Vitamin B6: 0.15mg (7.55%), Selenium: 4.76µg (6.8%), Vitamin B1: 0.1mg (6.46%), Zinc: 0.92mg (6.1%), Folate: 21.28µg (5.32%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.6mg (3.98%), Vitamin K: 4.13µg (3.93%), Vitamin D: 0.54µg (3.59%), Vitamin B3: 0.52mg (2.61%)