



Kiwi-Pomegranate Angel Pies

READY IN



300 min.

SERVINGS



8

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon confectioners sugar
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites for pastry cream for 30 minutes at room temperature (reserve yolks)
- ☐ 4 large egg yolks
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup superfine granulated sugar
- ☐ 0.5 cup heavy cream chilled

- ☐ 1.5 lb kiwifruit peeled cut lengthwise into 8 wedges
- ☐ 0.5 cup pomegranate seeds (from 1 pomegranate)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ wax paper
- ☐ spatula
- ☐ butter knife

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 200°F. Line 2 large baking sheets with parchment.
- ☐ Beat egg whites in a bowl with an electric mixer at medium-high speed until whites are foamy, then add cream of tartar and salt. Continue beating until whites hold soft peaks.
- ☐ Add 1/2 cup superfine sugar, 1 tablespoon at a time, beating, then increase mixer speed to high and continue to beat until whites hold stiff, glossy peaks, about 5 minutes. Fold in remaining 1/2 cup superfine sugar gently but thoroughly.

- ☐ With back of a spoon, spread meringue into 10 (4-inch) rounds, 5 on each lined baking sheet. Form a 3-inch-wide depression in center of each round (shape and smooth exterior side of each round with a butter knife if desired).
- ☐ Using a fine-mesh sieve, lightly dust confectioners sugar evenly over meringues.
- ☐ Bake, with oven door propped open about 1/2 inch with handle of a wooden spoon, until meringue is crisp, about 2 1/2 hours. Turn oven off and let meringues stand in oven, with door propped open, until dry, at least 1 hour. Carefully peel off parchment.
- ☐ Whisk together flour, cornstarch, a pinch of salt, and 2 tablespoons granulated sugar in a small bowl.
- ☐ Whisk together yolks in a medium bowl, then whisk in flour mixture until smooth.
- ☐ Bring milk just to a boil with remaining 2 tablespoons sugar in a 1 1/2- to 2-quart heavy saucepan, stirring until sugar is dissolved.
- ☐ Remove from heat and whisk half of milk mixture into egg mixture.
- ☐ Pour custard back into pan, whisking, and bring to a boil over moderate heat, whisking constantly and vigorously, then boil, whisking, 2 minutes.
- ☐ Remove from heat and whisk in butter and vanilla. Using a rubber spatula, force cream through a medium-mesh sieve into a shallow bowl. Chill pastry cream, its surface covered with wax paper, 2 hours.
- ☐ Whisk heavy cream vigorously in a medium bowl until it just holds stiff peaks.
- ☐ Whisk pastry cream briefly to loosen, then, using spatula, gently fold in whipped cream. Chill, covered, 30 minutes.
- ☐ Fill each meringue shell with about 3 tablespoons pastry cream and smooth top of filling with back of a spoon.
- ☐ Divide kiwis evenly among shells, then sprinkle pomegranate seeds over tops.
- ☐ •Meringues are best baked on a dry day; humidity may cause them to be sticky. •
- ☐ Baked meringues can be left to dry in turned-off oven up to 12 hours. •Meringues can be baked 1 day ahead and kept in an airtight container at room temperature. •Pastry cream without whipped cream can be chilled up to 1 day. Whipped cream can be folded into pastry cream up to 4 hours ahead; keep chilled, covered. •Kiwis can be cut 3 hours ahead and chilled, covered. •Pomegranate seeds keep, covered and chilled, 3 days.

Nutrition Facts



Properties

Glycemic Index:51.18, Glycemic Load:29.1, Inflammation Score:-5, Nutrition Score:11.319130254828%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 296.51kcal (14.83%), Fat: 10.65g (16.38%), Saturated Fat: 5.75g (35.93%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 46.05g (16.75%), Sugar: 42.49g (47.21%), Cholesterol: 116.29mg (38.76%), Sodium: 97.99mg (4.26%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.03g (8.06%), Vitamin C: 64.67mg (78.38%), Vitamin K: 36.71µg (34.96%), Fiber: 3g (12.02%), Phosphorus: 107.86mg (10.79%), Vitamin E: 1.58mg (10.54%), Folate: 41.68µg (10.42%), Vitamin A: 509.28IU (10.19%), Selenium: 6.73µg (9.62%), Vitamin B2: 0.16mg (9.21%), Calcium: 90.82mg (9.08%), Potassium: 281.19mg (8.03%), Copper: 0.14mg (7.2%), Vitamin D: 1.06µg (7.1%), Vitamin B5: 0.61mg (6.12%), Vitamin B12: 0.36µg (6%), Vitamin B6: 0.11mg (5.71%), Manganese: 0.11mg (5.69%), Magnesium: 20.44mg (5.11%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.53mg (3.53%), Iron: 0.57mg (3.18%), Vitamin B3: 0.47mg (2.37%)