



Lemon Cloud with Strawberry-Mint Compote



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 4 large egg whites
- ☐ 2 large egg yolks
- ☐ 1 tablespoons mint leaves fresh chopped
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 Dash salt
- ☐ 2 cups strawberries quartered

- ☐ 0.8 cup sugar divided
- ☐ 2 tablespoons sugar

Equipment

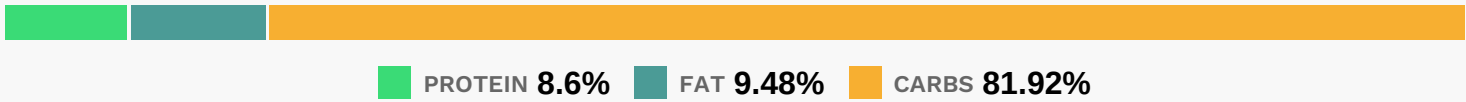
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ To prepare cloud, preheat oven to 350
- ☐ Lightly coat a 1 1/2-quart souffl dish with cooking spray.
- ☐ Sprinkle with 2 tablespoons sugar, shaking out excess.
- ☐ Place dish on a baking sheet.
- ☐ Combine 1/2 cup sugar and cornstarch in a medium saucepan, stirring with a whisk. Stir in lemon rind, juice, and egg yolks.
- ☐ Place over medium heat; cook 3 minutes or until thick, stirring constantly.
- ☐ Remove from heat; immediately scrape mixture into a glass bowl. Cool to room temperature.
- ☐ Place egg whites and salt in a large bowl; beat with a mixer at medium speed for 30 seconds or until foamy. Increase mixer speed to high. Gradually add remaining 1/4 cup sugar, 1 tablespoon at a time, beating just until stiff peaks form. Gently stir one-fourth of egg white mixture into egg yolk mixture; gently fold in remaining egg white mixture. Spoon into prepared dish.
- ☐ Bake at 350 for 25 minutes or until puffy and lightly browned.
- ☐ Remove from oven, and cool to room temperature on a wire rack. Cover and chill.
- ☐ To prepare compote, combine strawberries, 2 tablespoons sugar, and mint; toss gently. Cover and chill.

Serve with lemon cloud.

Nutrition Facts



Properties

Glycemic Index:30.03, Glycemic Load:21.34, Inflammation Score:-3, Nutrition Score:5.287391387898%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 166.13kcal (8.31%), Fat: 1.82g (2.81%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 35.47g (11.82%), Net Carbohydrates: 34.28g (12.47%), Sugar: 31.9g (35.44%), Cholesterol: 61.2mg (20.4%), Sodium: 47.06mg (2.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin C: 35.58mg (43.13%), Selenium: 8µg (11.43%), Manganese: 0.2mg (10.22%), Vitamin B2: 0.15mg (8.7%), Folate: 24.75µg (6.19%), Fiber: 1.19g (4.76%), Potassium: 137.89mg (3.94%), Phosphorus: 39.02mg (3.9%), Vitamin B5: 0.3mg (2.97%), Magnesium: 10.7mg (2.68%), Vitamin B6: 0.05mg (2.66%), Iron: 0.45mg (2.51%), Vitamin A: 124.27IU (2.49%), Vitamin B12: 0.13µg (2.17%), Calcium: 21.12mg (2.11%), Vitamin E: 0.31mg (2.07%), Copper: 0.04mg (2.06%), Vitamin D: 0.31µg (2.04%), Vitamin B1: 0.03mg (1.82%), Zinc: 0.23mg (1.51%), Vitamin B3: 0.24mg (1.21%), Vitamin K: 1.1µg (1.04%)