



## Lemon Curd-Filled Meringue Eggs



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



25

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 4 large egg whites
- ☐ 3 large eggs
- ☐ 6 tablespoons juice of lemon fresh (from 4 small lemons)
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 pint strawberries stemmed sliced
- ☐ 1 cup sugar
- ☐ 6 tablespoons sugar

- ☐ 4 tablespoons butter unsalted cut into 4 pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vinegar white

## Equipment

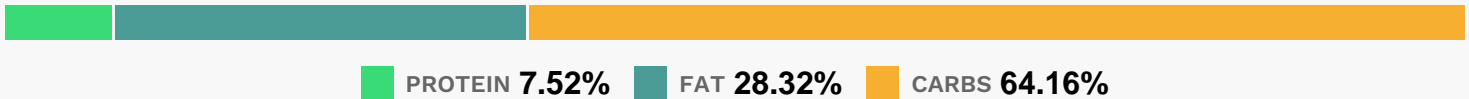
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ blender
- ☐ plastic wrap

## Directions

- ☐ Make lemon curd: Set a fine-mesh strainer over a glass bowl. In a medium saucepan, combine eggs, sugar and lemon zest; whisk until smooth.
- ☐ Add lemon juice and butter and cook over medium heat, whisking constantly, until mixture has thickened, 7 to 9 minutes. Watch carefully after foam on top dissipates. Do not allow mixture to boil. When mixture is thick, immediately pour through strainer into bowl. Cover surface with plastic wrap, pressing directly onto surface of curd, and refrigerate for at least 3 hours and up to 3 days.
- ☐ Make meringues: Preheat oven to 200F and line a large, rimmed baking sheet with parchment.
- ☐ Combine egg whites and vanilla in a clean, dry mixing bowl. Beat with a clean, dry whisk attachment on medium speed until foamy, about 30 seconds. Increase mixer speed to medium-high and whip until mixture is white and has increased in volume, about 1 minute. With mixer running, add 1 cup sugar in a slow, steady stream. Continue to whip until whites are shiny and form stiff peaks, 3 to 4 minutes longer.
- ☐ Add white vinegar and cornstarch and whip briefly to incorporate.
- ☐ Mixture should be thick, stiff and glossy.

- Scoop meringue mixture into 6 mounds (about 3/4 cup each), spaced several inches apart on lined baking sheet. Use the back of a spoon to gently spread meringue into 4-inch rounds or egg shapes and to create an indentation in center of each.
- Bake meringues until firm and dry but not brown, about 1 hour 30 minutes. Do not open oven door while baking. Turn off oven, open oven door slightly, and let meringues sit in cooling oven until completely dry, about 2 hours.
- Combine strawberries and remaining 1 1/2 tsp. sugar in a medium bowl and let stand at room temperature, stirring occasionally, until sugar has dissolved, 2 to 3 minutes. Divide lemon curd among meringues (creating "yolks" in centers); spoon some strawberries alongside each meringue and serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:9.21, Glycemic Load:8.03, Inflammation Score:-1, Nutrition Score:2.0573913118114%

### Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 76.96kcal (3.85%), Fat: 2.5g (3.84%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.33g (4.48%), Sugar: 11.96g (13.29%), Cholesterol: 27.14mg (9.05%), Sodium: 17.9mg (0.78%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 1.49g (2.98%), Vitamin C: 12.63mg (15.3%), Selenium: 3.07µg (4.38%), Manganese: 0.08mg (3.84%), Vitamin B2: 0.06mg (3.43%), Folate: 8.37µg (2.09%), Vitamin A:

90.9IU (1.82%), Phosphorus: 18.08mg (1.81%), Fiber: 0.4g (1.59%), Potassium: 50.68mg (1.45%), Vitamin B5: 0.13mg (1.33%), Vitamin E: 0.18mg (1.17%), Iron: 0.2mg (1.09%), Vitamin B6: 0.02mg (1.06%), Vitamin B12: 0.06µg (1.03%), Vitamin D: 0.15µg (1.02%), Magnesium: 4.06mg (1.01%)