



Lime Esponjado (Esponjado de Limón)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 14 oz condensed milk canned
- ☐ 3 egg whites
- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 1 cup heavy cream
- ☐ 0.8 cup juice of lime
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

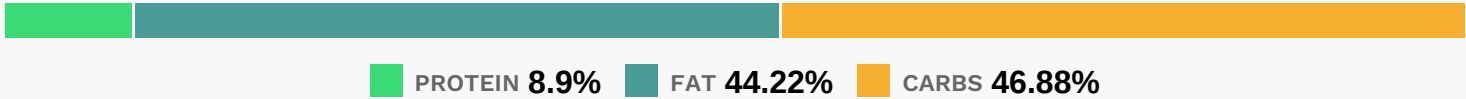
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ hand mixer

Directions

- ☐ In a small pot add the water and gelatin. Over medium heat let it cook for about 2 minutes or until the gelatin dissolves.
- ☐ Place the lime juice and condensed milk in a blender and blend for about 2 minutes.
- ☐ Add the dissolved gelatin to the blender and blend for 1 more minute. In a medium bowl, using an electric mixer beat the heavy cream for about 3 minutes. Fold the whipped cream into the lime mixture. Using an electric mixer beat the egg whites and sugar in a clean bowl until stiff.
- ☐ Add half of the egg whites to the mixture, gently folding to incorporate them. Don't overwork the mixture.
- ☐ Add the rest of the whites and fold the mixtures together. Spoon the mixture into individual serving glasses or bowls and refrigerate for about 5 hours or overnight.
- ☐ Serve with whipped cream or chopped graham crackers on top.

Nutrition Facts



Properties

Glycemic Index:16.39, Glycemic Load:20.83, Inflammation Score:-4, Nutrition Score:5.8026087076768%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 298.92kcal (14.95%), Fat: 15.11g (23.25%), Saturated Fat: 9.57g (59.8%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 35.96g (13.08%), Sugar: 34.56g (38.4%), Cholesterol: 50.49mg (16.83%), Sodium: 92.44mg (4.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Vitamin B2: 0.32mg (18.72%), Calcium: 165.34mg (16.53%), Selenium: 10.89µg (15.56%), Phosphorus: 147.98mg (14.8%), Vitamin A: 581.13IU (11.62%),

Vitamin C: 8.27mg (10.03%), Potassium: 257.47mg (7.36%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.28µg (4.6%),
Magnesium: 18.33mg (4.58%), Vitamin D: 0.58µg (3.83%), Vitamin B1: 0.06mg (3.8%), Zinc: 0.56mg (3.75%),
Vitamin E: 0.4mg (2.69%), Folate: 9.63µg (2.41%), Vitamin B6: 0.05mg (2.25%), Copper: 0.04mg (2.02%), Vitamin K:
1.39µg (1.32%)