



Mango Meringue Tartlets

READY IN



45 min.

SERVINGS



6

CALORIES



844 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 pinch coarse kosher salt
- ☐ 6 large egg whites
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 large mangoes divided pitted ripe peeled sliced
- ☐ 6 mint sprigs fresh

- ☐ 2 cups powdered sugar divided
- ☐ 3 tablespoons coconut or sweetened flaked
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.8 cup butter unsalted lukewarm melted ()

Equipment

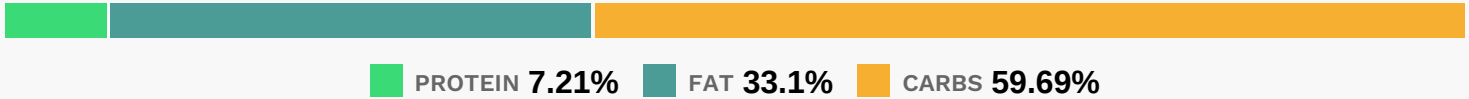
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat oven to 350°F. Using fork, mix flour, 1/2 cup powdered sugar, melted butter, and coconut in medium bowl until dough forms. Divide into 6 equal pieces. Press each piece onto bottom and up sides of 4 1/2-inch-diameter tartlet pan with removable bottom. Chill crusts 30 minutes. do ahead Can be made 1 day ahead. Cover and chill.
- ☐ Bake crusts until golden, pressing down with spoon if bubbles form, about 25 minutes. Cool.
- ☐ Purée 2 mangoes in processor. Measure 1 3/4 cups puree; mix in spices.
- ☐ Transfer to bowl; cover and refrigerate.
- ☐ Pour lime juice into small saucepan; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes. Stir over low heat just until gelatin dissolves, about 2 minutes.
- ☐ Remove from heat.
- ☐ Whisk in condensed milk, then spiced mango puree. Divide filling among cooled crusts. Chill at least 3 hours and up to 5 hours.
- ☐ Using electric mixer, blend egg whites and coarse salt in large bowl. Gradually add 1 1/2 cups powdered sugar; beat until stiff peaks form, about 5 minutes.

- ☐ Spoon meringue atop tartlets or pipe atop tartlets using pastry bag fitted with large star tip. Using butane torch, lightly brown meringue. (Alternatively, place tartlets in 500°F oven until meringue is golden in spots, watching carefully to prevent burning, about 3 minutes.)
- ☐ Garnish with remaining mango slices and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:52.14, Inflammation Score:-9, Nutrition Score:19.829130514808%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 844.42kcal (42.22%), Fat: 31.73g (48.81%), Saturated Fat: 20.33g (127.04%), Carbohydrates: 128.72g (42.91%), Net Carbohydrates: 125.01g (45.46%), Sugar: 92.6g (102.89%), Cholesterol: 83.5mg (27.83%), Sodium: 175.05mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Vitamin C: 43.78mg (53.07%), Selenium: 33.33µg (47.61%), Vitamin A: 2055.48IU (41.11%), Vitamin B2: 0.69mg (40.65%), Folate: 133.29µg (33.32%), Vitamin B1: 0.42mg (28.27%), Phosphorus: 249.21mg (24.92%), Manganese: 0.46mg (23.15%), Calcium: 222.17mg (22.22%), Vitamin B3: 3.43mg (17.15%), Potassium: 574.8mg (16.42%), Fiber: 3.71g (14.84%), Iron: 2.48mg (13.78%), Copper: 0.25mg (12.72%), Magnesium: 46.98mg (11.74%), Vitamin E: 1.75mg (11.68%), Vitamin B5: 1.01mg (10.08%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.12mg (7.5%), Vitamin K: 6.96µg (6.63%), Vitamin B12: 0.37µg (6.15%), Vitamin D: 0.56µg (3.72%)