



WHATSheATE



Merengón de Fresas (Colombian Strawberry Meringue Dessert)



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



721 kcal

DESSERT

Ingredients

- ☐ 5 large egg whites at room temperature
- ☐ 5.5 cups granulated sugar
- ☐ 0.5 tablespoon juice of lime
- ☐ 0.3 teaspoons vanilla extract

Equipment

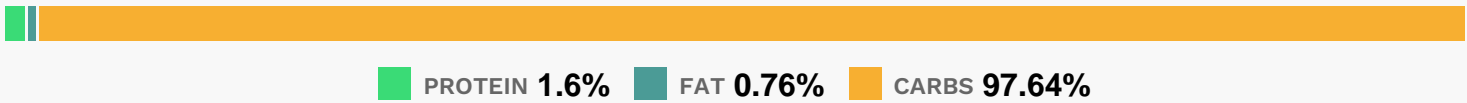
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Place a rack in the center of the oven and preheat to 250° F degrees. Line two small, or one large, baking sheets with parchment and set aside.
- ☐ Place the egg whites in a bowl and with an electric mixer, whisk until soft peaks form. Increase speed to high and gradually add granulated sugar, about 3 tablespoons at a time, add the lime juice and keep whisking until stiff peaks form. The whites should be firm but moist. Occasionally scrape down the side of the bowl. Spoon half of the meringue onto the prepared baking sheet, flatten with a spatula making sure the base of the meringue is not too thin.
- ☐ Place the strawberries in a bowl with the granulated sugar to macerate until the meringue is ready.
- ☐ Whisk the whipped cream with the vanilla and powdered sugar until stiff and fluffy. assemble: Using a spatula, spread the whipped cream over the meringue, add strawberries then place the second meringue on top.
- ☐ Spread another cream layer and add the rest of the strawberries on top.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:127.99, Inflammation Score:1, Nutrition Score:1.1360869733212%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 720.93kcal (36.05%), Fat: 0.63g (0.98%), Saturated Fat: 0g (0%), Carbohydrates: 182.93g (60.98%), Net Carbohydrates: 182.92g (66.52%), Sugar: 183.2g (203.56%), Cholesterol: 0mg (0%), Sodium: 47.52mg (2.07%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 3g (6.01%), Selenium: 6.6µg (9.43%), Vitamin B2: 0.16mg (9.17%), Potassium: 50.2mg (1.43%)