



Meringue Cake with Whipped Cream and Raspberries

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 large egg whites at room temperature
- ☐ 0.5 cup granulated sugar
- ☐ 2 cups heavy cream
- ☐ 1 pint raspberries fresh

- ☐ 10 servings note: you will need parchment paper for this recipe.
- ☐ 1 teaspoon vanilla extract

Equipment

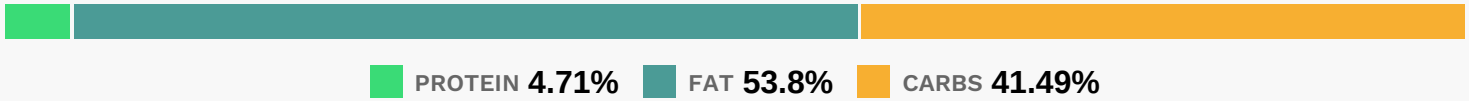
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ The night before serving, adjust oven rack to lower-middle position and heat oven to 500 degrees.
- ☐ Line a lipped cookie sheet (approximately 12 by 18 inches) with parchment paper. Trace two side-by-side rectangles – about 5 inches by 12 or 13 inches – on the paper. Crumple the paper, then smooth it out again and line the bottom of the pan.
- ☐ Whisk together confectioner's sugar, 1/2 cup granulated sugar and cornstarch. Set aside.
- ☐ In the bowl of a mixer, beat egg whites and cream of tartar until they turn from foamy to white and beaters just start to leave a trail. On low speed, add sugar mixture, a heaping tablespoon at a time. Increase speed to medium-high and beat to the consistency of marshmallow cream, 2 to 3 minutes longer.
- ☐ Just before forming meringues, flick water onto parchment with fingertips. Divide meringue in half, spooning two or three mounds down each traced rectangle. Use a rubber spatula, or a cake decorator's metal offset spatula, to fill in and even out rectangles.
- ☐ Set meringues in oven, close door and turn oven off (but leave oven light on).

- ☐
- Let meringues dry overnight.
- ☐
- Remove, then carefully set a wire rack or cookie sheet over meringues. Invert; peel off parchment and turn right side up. (It's OK if edges chip.) Wrap in foil and set aside until ready to proceed.
- ☐
- No more than two hours before serving, whip cream to soft peaks, beating in remaining sugar and the vanilla. Set one meringue on a platter.
- ☐
- Spread with half the cream and sprinkle on half the berries. Repeat with remaining meringue, cream and berries. Refrigerate, uncovered, until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:5.6434782121492%

Flavonoids

Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 285.99kcal (14.3%), Fat: 17.56g (27.02%), Saturated Fat: 10.96g (68.5%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 27.37g (9.95%), Sugar: 25.34g (28.16%), Cholesterol: 53.88mg (17.96%), Sodium: 41.48mg (1.8%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 3.46g (6.92%), Manganese: 0.33mg (16.39%), Vitamin C: 12.68mg (15.37%), Vitamin A: 715.47IU (14.31%), Fiber: 3.1g (12.4%), Vitamin B2: 0.17mg (10.22%), Selenium: 4.6µg (6.57%), Vitamin E: 0.85mg (5.66%), Vitamin D: 0.76µg (5.08%), Vitamin K: 5.21µg (4.97%), Potassium: 164.81mg (4.71%), Calcium: 44.93mg (4.49%), Phosphorus: 44.26mg (4.43%), Magnesium: 15.47mg (3.87%), Folate: 13.23µg (3.31%), Vitamin B5: 0.3mg (3.03%), Copper: 0.05mg (2.74%), Iron: 0.44mg (2.45%), Zinc: 0.33mg (2.19%), Vitamin B6: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.38mg (1.92%), Vitamin B12: 0.09µg (1.47%)