



Meringue Petits Fours with Anise Cream and Pomegranate

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



19 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon anise seeds
- ☐ 2 large egg whites
- ☐ 0.5 cup superfine granulated sugar
- ☐ 2 teaspoons regular granulated sugar
- ☐ 0.5 cup heavy cream chilled
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.1 teaspoon salt

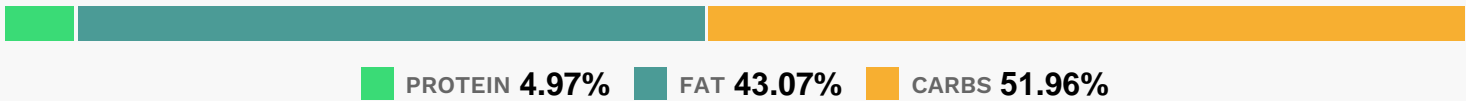
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat oven to 175°F.
- ☐ Beat egg whites with salt using an electric mixer at high speed until they just hold stiff peaks.
- ☐ Add superfine sugar a little at a time, beating at high speed, and continue to beat until whites hold stiff, glossy peaks.
- ☐ Spoon meringue into pastry bag and pipe 1 1/4-inch-wide disks (about 1/3 inch high) about 1/2 inch apart on a parchment-lined baking sheet.
- ☐ Bake meringues in middle of oven until dry but still white, about 1 1/2 hours, then cool in turned-off oven (with door closed) 1 hour.
- ☐ Transfer meringues on baking sheet to a rack to cool completely.
- ☐ Finely grind regular sugar with anise in coffee/spice grinder. Beat cream in a bowl with cleaned beaters until it just holds soft peaks, then add anise sugar, beating until it just holds stiff peaks.
- ☐ Peel meringues from parchment, then dollop 1 teaspoon cream onto each meringue and top with 3 pomegranate seeds.
- ☐ Baked meringues (without cream) and anise sugar can be made 1 week ahead and kept separately in airtight containers at room temperature. • Meringues can be topped 30 minutes ahead and kept at cool room temperature.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:0.1947826081482%

Nutrients (% of daily need)

Calories: 18.59kcal (0.93%), Fat: 0.92g (1.41%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.45g (0.89%), Sugar: 2.44g (2.72%), Cholesterol: 2.8mg (0.93%), Sodium: 9.06mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%)