



Meringue with Peaches and Blackberries



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blackberries
- ☐ 6 large egg whites at room temperature ()
- ☐ 1 tablespoon juice of lemon
- ☐ 6 cups peaches peeled sliced
- ☐ 0.3 cup ground pecans toasted
- ☐ 3 cups raspberries
- ☐ 1 cup sugar divided
- ☐ 0.5 cup water

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Preheat oven to 27
- ☐ Cover a baking sheet with parchment paper. Draw 6 (4-inch) circles on paper. Turn paper over; secure with masking tape. Set aside.
- ☐ Beat egg whites at high speed of a mixer until foamy. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. (Do not underbeat.) Fold in pecans. Divide egg mixture evenly among 6 drawn circles; using the back of a spoon, spread egg white mixture onto the circles.
- ☐ Bake at 275 for 2 hours or until dry. Turn oven off; let meringues cool in closed oven at least 12 hours. Carefully remove meringues from paper; set aside.
- ☐ Combine peaches and 1/4 cup sugar; stir well.
- ☐ Let stand 30 minutes.
- ☐ Combine 1/4 cup sugar, raspberries, water, and lemon juice in a saucepan; bring to a boil.
- ☐ Remove from heat.
- ☐ Place raspberry mixture in a blender; process until smooth. Strain pureed mixture through a sieve, discarding seeds.
- ☐ Let cool.
- ☐ Spoon 1/4 cup raspberry sauce onto each of 6 dessert plates, and top with meringues. Arrange 2/3 cup peach mixture and 1/3 cup blackberries in each meringue; serve immediately.

Nutrition Facts



 PROTEIN **8.72%**  FAT **12.11%**  CARBS **79.17%**

Properties

Glycemic Index:28.56, Glycemic Load:29.98, Inflammation Score:-7, Nutrition Score:13.254347884137%

Flavonoids

Cyanidin: 78.84mg, Cyanidin: 78.84mg, Cyanidin: 78.84mg, Cyanidin: 78.84mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 26.45mg, Catechin: 26.45mg, Catechin: 26.45mg, Catechin: 26.45mg Epigallocatechin: 2.16mg, Epigallocatechin: 2.16mg, Epigallocatechin: 2.16mg, Epigallocatechin: 2.16mg Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 291.07kcal (14.55%), Fat: 4.18g (6.43%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 61.49g (20.5%), Net Carbohydrates: 52.34g (19.03%), Sugar: 51.64g (57.38%), Cholesterol: 0mg (0%), Sodium: 77.22mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Manganese: 1mg (49.85%), Vitamin C: 33.13mg (40.15%), Fiber: 9.16g (36.63%), Vitamin K: 18.95µg (18.05%), Copper: 0.32mg (15.81%), Vitamin E: 2.27mg (15.13%), Selenium: 10.51µg (15.01%), Vitamin B2: 0.24mg (14.12%), Vitamin A: 627.02IU (12.54%), Potassium: 430.18mg (12.29%), Magnesium: 44.09mg (11.02%), Vitamin B3: 2mg (9.98%), Folate: 36.57µg (9.14%), Phosphorus: 78.42mg (7.84%), Iron: 1.38mg (7.69%), Zinc: 1.06mg (7.09%), Vitamin B5: 0.67mg (6.67%), Vitamin B1: 0.09mg (6.33%), Vitamin B6: 0.1mg (4.87%), Calcium: 41.35mg (4.14%)