



WHATSheATE



Meringues with Fresh Strawberries and Chocolate Mascarpone



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 1 teaspoon fat-free milk fat-free
- ☐ 3 ounces mascarpone cheese softened
- ☐ 1.5 quarts strawberries quartered
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar

- ☐ 1.5 tablespoons sugar
- ☐ 1 tablespoon unsweetened cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 22
- ☐ To prepare meringues, cover a baking sheet with parchment paper. Draw 6 (4-inch) circles on paper. Turn paper over; secure with masking tape.
- ☐ Place egg whites and cream of tartar in a large bowl; beat with a mixer at high speed until foamy. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat). Divide egg white mixture evenly among 6 drawn circles on baking sheet; spread to fill the circles using the back of a spoon.
- ☐ Bake at 225 for 1 1/2 hours. Turn oven off; cool meringues in closed oven for 30 minutes. Carefully remove meringues from paper. Cool completely. (Meringues can be stored in an airtight container for up to a week.)
- ☐ To prepare chocolate mascarpone, sift together 1 1/2 tablespoons sugar and cocoa.
- ☐ Combine mascarpone, milk, and vanilla in a small bowl; stir just until combined. Stir in cocoa mixture.
- ☐ To prepare strawberries, toss berries with 1/4 cup sugar; let stand 15 minutes.
- ☐ Place 1 meringue on each of 6 plates; spread about 1 1/2 tablespoons mascarpone mixture on top of each meringue. Top each serving with about 1/2 cup strawberry mixture.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:24.94, Inflammation Score:0, Nutrition Score:11.962608702643%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 256kcal (12.8%), Fat: 7.31g (11.25%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 42g (15.27%), Sugar: 39.67g (44.08%), Cholesterol: 14.2mg (4.73%), Sodium: 29.3mg (1.27%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 3.97g (7.94%), Vitamin C: 139.11mg (168.62%), Manganese: 0.95mg (47.41%), Fiber: 5.04g (20.16%), Folate: 57.5µg (14.38%), Potassium: 415.4mg (11.87%), Magnesium: 36.25mg (9.06%), Copper: 0.15mg (7.5%), Phosphorus: 65.46mg (6.55%), Vitamin B2: 0.11mg (6.41%), Iron: 1.11mg (6.19%), Calcium: 60.94mg (6.09%), Vitamin B6: 0.11mg (5.66%), Vitamin K: 5.23µg (4.98%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.94mg (4.72%), Vitamin E: 0.69mg (4.58%), Vitamin A: 228.54IU (4.57%), Vitamin B1: 0.06mg (3.89%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.4mg (2.66%)