



Mini Cranberry Meringue Pies



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter unsalted softened cut into 1/2-inch cubes
- ☐ 0.3 cup water hot
- ☐ 14 oz roasted cranberry sauce canned
- ☐ 2 egg whites
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 2 cups frangelico

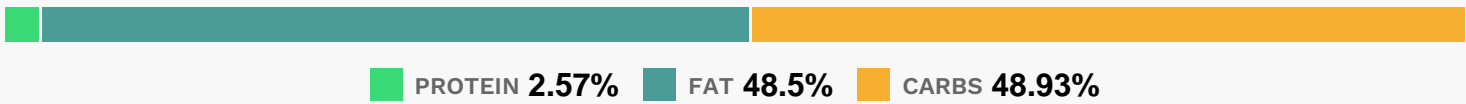
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 450°F. Grease 12 regular-size muffin cups with shortening or cooking spray.
- ☐ In medium bowl, stir Bisquick mix and butter until well combined.
- ☐ Add hot water; stir quickly until soft dough forms. Divide dough into 12 pieces. Press 1 piece in bottom and up side of each muffin cup.
- ☐ Bake 8 to 10 minutes or until golden brown. Cool 10 minutes in pan. Run knife around edge of each to remove. Cool completely on cooling rack.
- ☐ Spoon cranberry sauce into bowl; break up with fork. Spoon sauce evenly into cooled crusts.
- ☐ In medium bowl, beat egg whites with electric mixer on high speed just until soft peaks begin to form.
- ☐ Add sugar gradually, and beat until stiff peaks form. Beat in vanilla. Spoon a dollop of meringue on top of each pie. Set oven control to broil. Broil pies with tops 4 to 6 inches from heat 30 to 60 seconds or until meringue browns slightly.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:0.96173914683902%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.89mg,

Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 139.53kcal (6.98%), Fat: 7.74g (11.91%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 17.21g (6.26%), Sugar: 14.74g (16.38%), Cholesterol: 20.34mg (6.78%), Sodium: 11.3mg (0.49%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 0.92g (1.85%), Vitamin A: 250.26IU (5.01%), Vitamin E: 0.53mg (3.51%), Vitamin B2: 0.03mg (1.94%), Selenium: 1.25µg (1.79%), Fiber: 0.36g (1.46%), Manganese: 0.02mg (1.07%), Vitamin K: 1.13µg (1.07%)