



Mini Toasted Strawberry Shortcakes



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



54 kcal

DESSERT

Ingredients

- ☐ 1 angel food cake store-bought
- ☐ 1 large pasteurized egg white
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup marshmallow creme plus more for topping
- ☐ 1 pinch salt
- ☐ 0.3 cup strawberries whole finely chopped
- ☐ 6 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

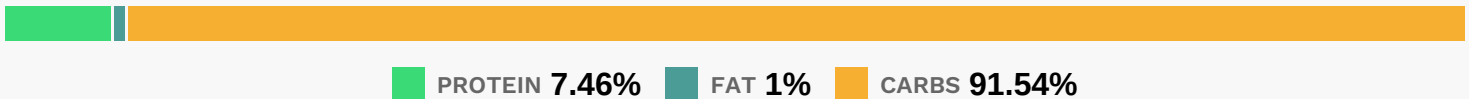
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Toss the chopped strawberries, vanilla and 4 tablespoons sugar in a bowl. Set aside until syrupy, about 30 minutes.
- ☐ Trim off the tops of the whole strawberries.
- ☐ Cut the cake into 1/2-inch-thick slices, then use a 1 1/2-inch-round cookie cutter to cut out 24 rounds.
- ☐ Beat the egg white, marshmallow cream, lemon juice, salt and the remaining 2 tablespoons sugar with a mixer on medium speed until stiff peaks form (the mixture may separate before coming together), about 5 minutes.
- ☐ Dip one side of each cake round about halfway into the strawberry syrup and transfer to a baking sheet, syrup-side up. Spoon some of the chopped berries in the center. Top with a dollop of marshmallow cream.
- ☐ Swirl the tip of each whole strawberry in the meringue. Press a strawberry, cut-side down, into the marshmallow cream on top of each cake. Toast the meringue with a kitchen torch or broil until golden, rotating as needed.
- ☐ Serve immediately.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:2.14, Inflammation Score:-1, Nutrition Score:0.72956521460867%

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: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 53.55kcal (2.68%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 12.54g (4.56%), Sugar: 8.25g (9.16%), Cholesterol: 0mg (0%), Sodium: 76.34mg (3.32%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.03g (2.06%), Selenium: 2.47µg (3.53%), Phosphorus: 33.57mg (3.36%), Vitamin B2: 0.03mg (1.94%), Vitamin C: 1.26mg (1.52%), Calcium: 12.36mg (1.24%)