



Overnight Meringue Torte

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



293 kcal

DESSERT

Ingredients

- 2 teaspoons butter
- 0.5 teaspoon cream of tartar
- 1.5 cups pasteurized egg whites (such as Eggology)
- 30 ounce raspberries in syrup light frozen thawed undrained
- 0.3 teaspoon salt
- 2.5 cups sugar
- 1.5 teaspoons vanilla extract
- 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- sieve
- blender
- springform pan

Directions

- Preheat oven to 450.
- Place the egg whites and salt in a large bowl, and beat with a mixer at medium speed until foamy.
- Add the cream of tartar; beat for 1 minute. Gradually add the sugar, 1 tablespoon at a time, beating until well blended (about 8 minutes).
- Add vanilla extract. Increase mixer speed to high, and beat for 5 minutes or until soft peaks form. (Do not underbeat.) Coat the inside of a 10-inch springform pan with butter, and add meringue, spreading evenly. Break air pockets by cutting through meringue with a knife.
- Place pan in 450 oven. Turn the oven off, and cool in closed oven for at least 24 hours.
- Drain the raspberries, reserving 1/4 cup liquid.
- Place raspberries in a food processor, and process until smooth. Press raspberry mixture through a fine sieve into a bowl to measure 1 1/4 cups. Discard solids. Stir in the reserved raspberry liquid. Spoon cooled meringue into bowls.
- Drizzle with raspberry mixture, and top with whipped topping.
- Note: Egg whites that have been beaten until soft peaks form maintain a glossy appearance. The texture of the whites is only lightly stiff.

Nutrition Facts



■ PROTEIN 4.97% ■ FAT 4.42% ■ CARBS 90.61%

Properties

Glycemic Index:7.51, Glycemic Load:21.82, Inflammation Score:1, Nutrition Score:1.0930434889767%

Nutrients (% of daily need)

Calories: 292.98kcal (14.65%), Fat: 1.57g (2.41%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 72.29g (24.1%), Net Carbohydrates: 72.29g (26.29%), Sugar: 64.69g (71.88%), Cholesterol: 1.48mg (0.49%), Sodium: 121.37mg (5.28%), Alcohol: 0.13g (100%), Alcohol %: 0.14% (100%), Protein: 3.96g (7.93%), Selenium: 4.92µg (7.03%), Vitamin B2: 0.11mg (6.64%), Calcium: 42.56mg (4.26%), Potassium: 61.04mg (1.74%)