



Peach and Raspberry Cloud Cake



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon anise seed crushed (see notes)
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 3 firm-ripe peaches peeled (1 lb. total)
- ☐ 1.5 cups raspberries
- ☐ 1 cup sugar

☐ 1 teaspoon vanilla

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ sieve

☐ blender

Directions

☐ In a deep bowl, beat egg whites and cream of tartar with a mixer on high speed until frothy.

☐ Add 1 cup sugar, about 1 tablespoon every 30 seconds, beating whites until they hold stiff peaks. Beat in vanilla and anise.

☐ Lightly butter and flour-dust an 8-inch cheesecake pan with removable rim.

☐ Spread meringue level in pan.

☐ Bake in a 275 oven until pale golden, 1 1/4 to 1 1/2 hours.

☐ Run a thin-bladed knife between meringue cake and pan rim to release. Cool cake on a rack, about 20 minutes.

☐ Thinly slice peaches; mix 2 cups slices with 1/2 cup raspberries, 1 tablespoon sugar, lemon peel, and 1 tablespoon lemon juice.

☐ In a blender or food processor, whirl smooth remaining peaches, raspberries, 2 tablespoons sugar, and 2 tablespoons lemon juice. Rub puree through a fine strainer into a bowl; discard residue.

☐ Remove pan rim and set meringue cake on a plate. Spoon sliced peaches and whole berries onto cake and drizzle with about 2 tablespoons fruit sauce.

☐ Cut cake into wedges and add remaining sauce to taste.

Nutrition Facts



 **PROTEIN 8.09%**  **FAT 2.75%**  **CARBS 89.16%**

Properties

Glycemic Index:17.67, Glycemic Load:19.72, Inflammation Score:-3, Nutrition Score:3.8947826183361%

Flavonoids

Cyanidin: 11.38mg, Cyanidin: 11.38mg, Cyanidin: 11.38mg, Cyanidin: 11.38mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg, Catechin: 3.06mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 146.36kcal (7.32%), Fat: 0.47g (0.72%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 31.75g (11.54%), Sugar: 31.02g (34.47%), Cholesterol: 0mg (0%), Sodium: 42.27mg (1.84%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 3.1g (6.19%), Vitamin C: 10.59mg (12.84%), Manganese: 0.2mg (9.81%), Fiber: 2.37g (9.49%), Selenium: 5.52µg (7.89%), Vitamin B2: 0.12mg (7.26%), Potassium: 177.99mg (5.09%), Vitamin E: 0.62mg (4.1%), Vitamin A: 191.98IU (3.84%), Copper: 0.07mg (3.73%), Vitamin K: 3.44µg (3.28%), Magnesium: 12.56mg (3.14%), Vitamin B3: 0.63mg (3.12%), Iron: 0.48mg (2.67%), Folate: 10.09µg (2.52%), Phosphorus: 23.6mg (2.36%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.59%), Calcium: 11.76mg (1.18%)