



Peaches Under Meringue



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 1 large egg whites
- ☐ 2 peaches pitted ripe halved
- ☐ 2 tablespoons sesame seed crushed finely chopped
- ☐ 3 tablespoons sugar divided

Equipment

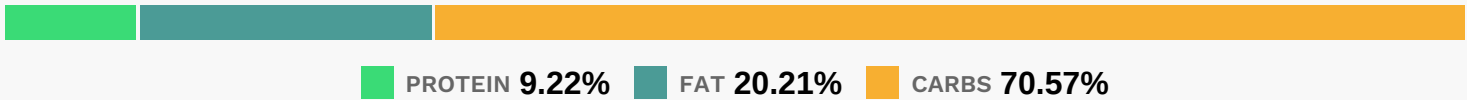
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ hand mixer
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Put peaches, cut side up, on a baking sheet and sprinkle with 1 teaspoon sugar (total). Broil 4 to 5 inches from heat until tops begin to brown, 2 to 4 minutes.
- ☐ Beat egg white with a pinch of salt in a deep bowl using an electric mixer at medium-high speed until foamy. Gradually add remaining 3 tablespoon sugar, beating until white holds stiff, glossy peaks. Fold in sesame candy.
- ☐ Place a dollop of meringue on each peach half and broil 30 seconds. Turn off broiler and leave peaches in oven just until tips of meringue are browned, 30 seconds to 1 minute (watch carefully).
- ☐ The egg white in this recipe is not fully cooked.

Nutrition Facts



Properties

Glycemic Index:36.34, Glycemic Load:9.04, Inflammation Score:-3, Nutrition Score:3.8673913060971%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 93.36kcal (4.67%), Fat: 2.23g (3.43%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 15.94g (5.8%), Sugar: 15.35g (17.05%), Cholesterol: 0mg (0%), Sodium: 23.98mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Copper: 0.22mg (11.22%), Manganese: 0.15mg (7.27%), Selenium: 4.66µg (6.65%), Fiber: 1.6g (6.39%), Magnesium: 20.95mg (5.24%), Vitamin A: 244.86IU (4.9%), Iron: 0.85mg (4.71%), Phosphorus: 42.9mg (4.29%), Calcium: 42.67mg (4.27%), Vitamin B2: 0.07mg (4.18%), Vitamin B3:

0.79mg (3.97%), Vitamin C: 3.08mg (3.73%), Vitamin E: 0.56mg (3.72%), Potassium: 123.85mg (3.54%), Vitamin B1: 0.05mg (3.33%), Zinc: 0.49mg (3.24%), Vitamin B6: 0.05mg (2.54%), Folate: 8.71µg (2.18%), Vitamin K: 2.25µg (2.14%), Vitamin B5: 0.13mg (1.32%)