



Pecan toffee meringue with mulled pears



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 600 ml cooking wine
- ☐ 6 small pears cored ripe peeled quartered
- ☐ 50 g brown sugar
- ☐ 225 g brown sugar
- ☐ 1.5 tsp cornstarch
- ☐ 4 large egg whites
- ☐ 1.5 tsp red-wine vinegar
- ☐ 50 g pecans roughly chopped

- ☐ 500 g greek yogurt
- ☐ 4 tbsp dulce de leche (we used Merchant Gourmet)

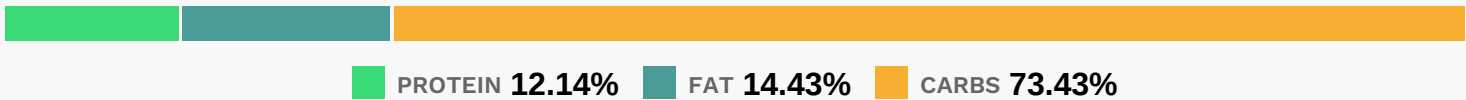
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Put the wine, pears and sugar in a pan and simmer for 10 mins.
- ☐ Heat oven to 160C/140C/gas
- ☐ Draw a 25cm circle on a sheet of baking parchment, then put on a baking sheet. Stir 225g sugar and cornflour together in a jug.
- ☐ Whisk the egg whites until stiff, then whisk in the sugar mixture, a tbsp at a time, until thick and glossy.
- ☐ Fold in vinegar and half the nuts, then pile mixture onto the circle, building up the edges to make a nest. Scatter with rest of pecans then put in oven, turning the temperature down to 150C/fan 130C/gas
- ☐ Bake for 1 hr, then turn oven off and cool inside for 1 hr.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:5.27, Inflammation Score:-4, Nutrition Score:7.8908695423085%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg,
Epigallocatechin 3–gallate: 0.33mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg,
Isorhamnetin: 0.33mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 348.54kcal (17.43%), Fat: 4.91g (7.56%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 56.27g (18.76%),
Net Carbohydrates: 52.23g (18.99%), Sugar: 47.18g (52.42%), Cholesterol: 3.13mg (1.04%), Sodium: 64.54mg
(2.81%), Alcohol: 7.91g (100%), Alcohol %: 3.16% (100%), Protein: 9.3g (18.61%), Manganese: 0.46mg (22.95%),
Vitamin B2: 0.3mg (17.8%), Fiber: 4.04g (16.18%), Selenium: 10.41µg (14.87%), Phosphorus: 134.82mg (13.48%),
Calcium: 119.58mg (11.96%), Potassium: 390.82mg (11.17%), Copper: 0.2mg (10.11%), Magnesium: 35.53mg (8.88%),
Vitamin B12: 0.45µg (7.54%), Vitamin B6: 0.14mg (7.07%), Vitamin C: 4.85mg (5.87%), Zinc: 0.84mg (5.6%), Iron:
0.95mg (5.26%), Vitamin K: 5.1µg (4.86%), Vitamin B1: 0.07mg (4.85%), Vitamin B5: 0.42mg (4.2%), Folate: 15.28µg
(3.82%), Vitamin B3: 0.57mg (2.83%), Vitamin E: 0.23mg (1.51%)