



Pistachio meringues with mango & mandarin ice cream

 Vegetarian  Gluten Free

READY IN



315 min.

SERVINGS



8

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large mangos
- ☐ 284 ml double cream
- ☐ 4 tbsp grand marnier
- ☐ 115 g powdered sugar
- ☐ 1 mandarin orange segents finely grated
- ☐ 4 large egg whites
- ☐ 200 g brown sugar

☐ 50 g pistachios shelled chopped

Equipment

☐ baking sheet

☐ oven

☐ knife

☐ whisk

Directions

☐ You can make the ice cream up to a month ahead. First, cut the skin from the mango with a sharp knife, cut the flesh from the stone and chop very finely.

☐ Whisk the cream, Cointreau, icing sugar, mandarin zest and juice together until it holds its shape. Fold in the mango. Tip the mixture into a rigid container and freeze for 3 hours until softly frozen, stirring once after 1 hours.

☐ Meanwhile make the meringues. Preheat the oven to 120C/gas /fan 100C. Line 2 large baking sheets with baking parchment and draw 16 x 6cm circles, spaced well apart, on the sheets. (Use a jar lid measuring 6 cm across as a template.)

☐ Whisk the egg whites with a pinch of salt until stiff.

☐ Add half the caster sugar and whisk until glossy.

☐ Add the remaining sugar a tablespoon at a time while whisking. Fold in the nuts with a large metal spoon.

☐ Spoon the meringue on to the paper circles and spread to make even rounds.

☐ Bake for 1 hour, switching the trays round after 30 minutes. The meringues are ready when firm and sound hollow if tapped. Cool on the trays then peel off the paper.

☐ When the meringues are cool and the ice cream is softly frozen, sandwich the meringues together in pairs using the ice cream.

☐ Put them into a container in a single layer and freeze, along with the leftover ice cream.

☐ To serve, remove from the freezer and scatter with the extra chopped nuts.

☐ Serve on plates and eat with forks.

Nutrition Facts



 **PROTEIN 4.93%**  **FAT 39.91%**  **CARBS 55.16%**

Properties

Glycemic Index:13.97, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:5.7108695973521%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 360.5kcal (18.02%), Fat: 15.91g (24.48%), Saturated Fat: 8.6g (53.73%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 48.23g (17.54%), Sugar: 47.07g (52.3%), Cholesterol: 40.35mg (13.45%), Sodium: 45.46mg (1.98%), Alcohol: 1.95g (100%), Alcohol %: 1.74% (100%), Protein: 4.42g (8.84%), Vitamin A: 905.78IU (18.12%), Vitamin C: 12.92mg (15.66%), Vitamin B2: 0.17mg (9.82%), Vitamin B6: 0.17mg (8.46%), Selenium: 5.38µg (7.69%), Copper: 0.14mg (6.9%), Potassium: 222.4mg (6.35%), Phosphorus: 61.09mg (6.11%), Calcium: 59.17mg (5.92%), Manganese: 0.12mg (5.78%), Vitamin B1: 0.08mg (5.07%), Fiber: 1.26g (5.02%), Vitamin E: 0.73mg (4.85%), Folate: 18.41µg (4.6%), Magnesium: 18.26mg (4.56%), Vitamin D: 0.57µg (3.81%), Iron: 0.54mg (3.01%), Vitamin B5: 0.26mg (2.63%), Vitamin K: 2.23µg (2.12%), Vitamin B3: 0.37mg (1.87%), Zinc: 0.27mg (1.8%), Vitamin B12: 0.07µg (1.2%)