



Pistachio meringues with summer berries



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

Ingredients

- ☐ 85 g pistachios shelled
- ☐ 1 tsp cornstarch
- ☐ 1 tsp citrus champagne vinegar
- ☐ 4 egg whites
- ☐ 200 g brown sugar
- ☐ 200 ml crème fraîche
- ☐ 450 g blackberries such as strawberries, raspberries, blueberries, redcurrants or blackberries

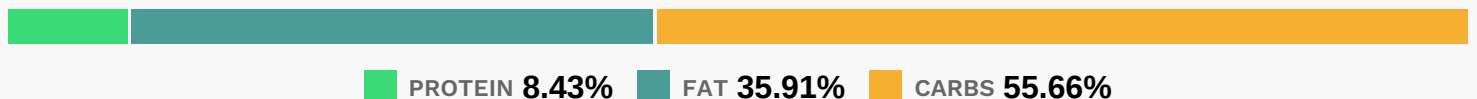
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 140C/fan 120C/gas
- ☐ Line a baking tray with baking parchment.
- ☐ Place the pistachio nuts into a shallow roasting tin and toast in the oven for about 7–10 mins until golden.
- ☐ Place in a food processor and blitz until coarsely ground.
- ☐ Blend the cornflour and vinegar to a paste. In a large clean bowl, whisk the egg whites until they form soft peaks, then gradually add the sugar a tbsp at a time until it forms a stiff glossy mixture.
- ☐ Fold most of the pistachios into the meringue, reserving about 2 tbsp. Finally stir through the cornflour mixture. Spoon the mixture onto the baking tray to make four large meringue nests, using the back of the spoon to hollow out the centres.
- ☐ Sprinkle with the reserved pistachios and bake for about 45 mins until firm and crisp on the outside. Turn off the oven, but leave the meringues in to dry out in the warmth until completely cold.
- ☐ To serve, place a meringue on each plate and spoon a little crme frache into the middle.
- ☐ Sprinkle over the seasonal berries and serve.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:15.800869609999%

Flavonoids

Cyanidin: 114mg, Cyanidin: 114mg, Cyanidin: 114mg, Cyanidin: 114mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 42.45mg, Catechin: 42.45mg, Catechin: 42.45mg, Catechin: 42.45mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg, Epicatechin: 5.42mg Epigallocatechin 3–gallate: 0.85mg, Epigallocatechin 3–gallate: 0.85mg, Epigallocatechin 3–gallate: 0.85mg, Epigallocatechin 3–gallate: 0.85mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 471.79kcal (23.59%), Fat: 19.68g (30.27%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 60.48g (21.99%), Sugar: 57.49g (63.88%), Cholesterol: 28.68mg (9.56%), Sodium: 80.35mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Manganese: 1.02mg (51.16%), Fiber: 8.16g (32.62%), Vitamin C: 25.26mg (30.62%), Copper: 0.5mg (25.07%), Vitamin K: 23µg (21.91%), Vitamin B6: 0.44mg (21.85%), Phosphorus: 172.48mg (17.25%), Potassium: 576.72mg (16.48%), Vitamin B2: 0.28mg (16.27%), Magnesium: 60.94mg (15.23%), Selenium: 10.35µg (14.79%), Calcium: 147.72mg (14.77%), Vitamin B1: 0.22mg (14.55%), Vitamin E: 1.99mg (13.26%), Vitamin A: 631.76IU (12.64%), Folate: 43.58µg (10.89%), Iron: 1.95mg (10.84%), Zinc: 1.25mg (8.33%), Vitamin B5: 0.71mg (7.07%), Vitamin B3: 1.13mg (5.67%), Vitamin B12: 0.13µg (2.15%)