



Raspberry-Filled Meringues



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 tablespoon almonds toasted sliced
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 tablespoons cooking wine dry red
- ☐ 1 egg white
- ☐ 1 cup raspberries fresh
- ☐ 1 Dash salt
- ☐ 1 tablespoon sugar

☐ 2 tablespoons sugar

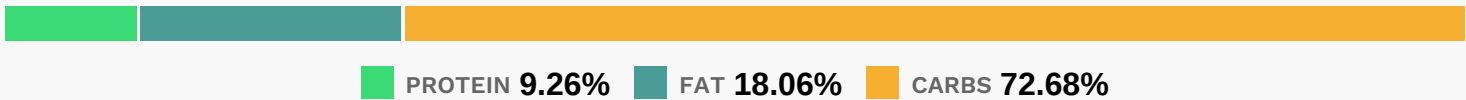
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Line a baking sheet with parchment paper. Draw 2 (4-inch) circles on paper; turn paper over. Set aside baking sheet.
- ☐ Beat first 4 ingredients at high speed of an electric mixer until soft peaks form. Gradually add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Gently fold in almonds.
- ☐ Pipe egg white mixture onto circles on paper, building up sides to form a shell.
- ☐ Bake at 225 for 1 hour and 20 minutes. Turn off oven. Cool in oven 2 hours with oven door closed. Carefully remove from paper; let cool completely on wire racks.
- ☐ Combine raspberries, wine, and 1 tablespoon sugar; let stand 1 hour.
- ☐ Place meringues on 2 dessert plates. Spoon raspberry mixture evenly into meringues.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:88.09, Glycemic Load:13.45, Inflammation Score:-3, Nutrition Score:6.0356521457434%

Flavonoids

Cyanidin: 27.58mg, Cyanidin: 27.58mg, Cyanidin: 27.58mg, Cyanidin: 27.58mg Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg Malvidin: 4.01mg, Malvidin: 4.01mg, Malvidin: 4.01mg, Malvidin: 4.01mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg

0.35mg, Peonidin: 0.35mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg
Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg
Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3–gallate:
0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate:
0.32mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg,
Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg,
Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg
Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin:
0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 153.06kcal (7.65%), Fat: 2.97g (4.57%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 26.89g (8.96%), Net
Carbohydrates: 22.36g (8.13%), Sugar: 21.07g (23.41%), Cholesterol: 0mg (0%), Sodium: 45.3mg (1.97%), Alcohol:
1.92g (100%), Alcohol %: 2.13% (100%), Protein: 3.43g (6.85%), Manganese: 0.52mg (26.07%), Vitamin C: 15.72mg
(19.05%), Fiber: 4.53g (18.1%), Vitamin E: 1.8mg (12.01%), Vitamin B2: 0.15mg (8.82%), Magnesium: 28.47mg (7.12%),
Copper: 0.11mg (5.57%), Potassium: 184.48mg (5.27%), Selenium: 3.43µg (4.9%), Vitamin K: 4.68µg (4.46%),
Phosphorus: 43.77mg (4.38%), Folate: 15.4µg (3.85%), Iron: 0.63mg (3.49%), Calcium: 29.82mg (2.98%), Vitamin B3:
0.56mg (2.8%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.25mg (2.5%), Vitamin B6: 0.04mg (2.04%), Vitamin B1: 0.03mg
(2.01%)