



Raspberry Fondue with Meringue Cloud Hearts

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



367 kcal

SIDE DISH

Ingredients

- 0.3 cup chocolate liqueur white
- 0.1 teaspoon cream of tartar
- 2 egg whites at room temperature
- 0.8 cup heavy cream
- 0.7 cup raspberry jam seedless
- 1 pinch salt
- 0.5 cup sugar
- 12 ounce premier morsels white

10 servings food coloring red yellow

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- pot
- hand mixer
- pastry bag
- gravy boat

Directions

- Special equipment: fondue pot
- Heat cream in a heavy medium saucepan over medium heat until bubbles appear; remove from heat.
- Add white morsels and whisk until melted and smooth. Stir in jam and liqueur.
- Transfer mixture to a fondue pot. To keep fondue warm at the table for an extended period of time, place over a candle or canned heat burner. If eating immediately, serve in a decorative gravy boat.
- Serve with Meringue Cloud Hearts for dipping.
- Preheat oven to 200 degrees F. Line 2 heavy large baking sheets with parchment paper.
- Place egg whites in clean bowl of an electric mixer. Beat on medium speed until foamy.
- Add cream of tartar and increase speed to high. Continue beating until soft peaks form.
- Mix in salt. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form, about 5 minutes. Quickly mix in food coloring, 1 drop at a time, until desired color is achieved.
- Transfer meringue to a pastry bag fitted with the star tip. Pipe 2-inch-diameter heart-shape meringues onto prepared baking sheets, spacing evenly apart.

Bake for 1 hour, or until dry and crispy when broken in half. Cool meringues completely on baking sheets. Store in airtight container at room temperature.

Nutrition Facts



PROTEIN 3.68% **FAT 44.59%** **CARBS 51.73%**

Properties

Glycemic Index:26.51, Glycemic Load:30.85, Inflammation Score:-1, Nutrition Score:3.4408695516379%

Nutrients (% of daily need)

Calories: 366.57kcal (18.33%), Fat: 18.48g (28.43%), Saturated Fat: 11.35g (70.92%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 47.92g (17.43%), Sugar: 43.56g (48.4%), Cholesterol: 28.01mg (9.34%), Sodium: 59.62mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Vitamin B2: 0.18mg (10.84%), Calcium: 91.11mg (9.11%), Phosphorus: 81.24mg (8.12%), Selenium: 3.93µg (5.61%), Vitamin A: 273.59IU (5.47%), Potassium: 157.31mg (4.49%), Vitamin B12: 0.24µg (4.05%), Vitamin K: 3.97µg (3.78%), Vitamin E: 0.55mg (3.66%), Vitamin B5: 0.29mg (2.88%), Vitamin C: 2.29mg (2.77%), Copper: 0.05mg (2.46%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.06%), Vitamin D: 0.29µg (1.9%), Magnesium: 7.3mg (1.82%), Vitamin B6: 0.03mg (1.6%), Vitamin B3: 0.3mg (1.52%), Folate: 6.06µg (1.51%), Fiber: 0.32g (1.3%), Iron: 0.23mg (1.28%)