



Raspberry Sorbet and Meringue Sandwiches



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large egg whites
- ☐ 0.3 teaspoon salt
- ☐ 1 quart raspberry sorbet softened
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons vinegar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 25
- ☐ To prepare meringues, cover a large baking sheet with parchment paper. Draw 2 (8 x 12-inch) rectangles on paper. Turn paper over, and secure with masking tape.
- ☐ Combine first 3 ingredients, stirring with a whisk.
- ☐ Place cream of tartar and egg whites in a large bowl, and beat with a mixer at high speed until foamy. Gradually add sugar mixture, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat).
- ☐ Add vinegar and vanilla, and beat until combined. Divide egg white mixture evenly between drawn rectangles; spread the egg white mixture to the outside edges of each rectangle.
- ☐ Bake at 250 for 2 hours or until dry. Turn oven off; partially open oven door. Cool meringues in oven 1 hour.
- ☐ Remove from oven. Carefully remove meringues from paper.
- ☐ To prepare sandwiches, spread sorbet over flat side of 1 meringue; top with the remaining meringue, flat side down, pressing gently. Wrap sandwich tightly in plastic wrap; freeze 4 hours or until firm. Unwrap and cut sandwich in half lengthwise.
- ☐ Cut each half crosswise into 6 (2 x 4-inch) pieces.
- ☐ Cut each piece in half diagonally to form 24 triangles.

Nutrition Facts



PROTEIN 7.1%

FAT 2.51%

CARBS 90.39%

Properties

Glycemic Index:10.01, Glycemic Load:11.64, Inflammation Score:1, Nutrition Score:0.74913045035108%

Nutrients (% of daily need)

Calories: 171.33kcal (8.57%), Fat: 0.47g (0.73%), Saturated Fat: 0g (0%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.66g (13.33%), Sugar: 31.74g (35.26%), Cholesterol: 0mg (0%), Sodium: 124.4mg (5.41%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3g (6%), Fiber: 1.5g (6.01%), Selenium: 2.86µg (4.09%), Vitamin B2: 0.06mg (3.75%), Potassium: 43.65mg (1.25%)