



Raspberry Sorbet with Whipped Cream and Meringues

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons confectioners' sugar
- ☐ 16 small meringue cookies
- ☐ 1 cup heavy cream
- ☐ 2 pints raspberry sorbet

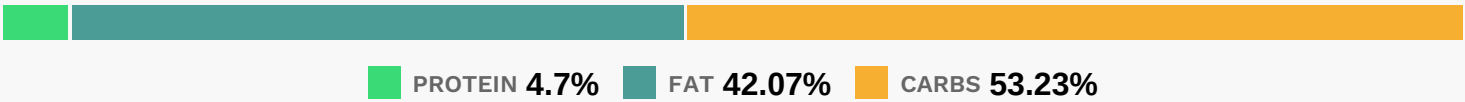
Equipment

- ☐ bowl

Directions

☐ In a medium bowl, whip the cream and sugar until soft peaks form; set aside. Using your hands, gently break the cookies into pieces over a second medium bowl. Scoop the sorbet into individual dishes. Spoon the whipped cream over each and sprinkle 1 to 2 tablespoons of the crumbled cookies over the tops. Stress-Less Tip: Nothing is faster than dessert from the freezer. Used as a topping, light, airy meringues melt in your mouth and provide a delicious play on texture when served with smooth, cool sorbet.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:8, Inflammation Score:-3, Nutrition Score:3.2460869667323%

Nutrients (% of daily need)

Calories: 358.41kcal (17.92%), Fat: 16.57g (25.49%), Saturated Fat: 8.46g (52.89%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 44.68g (16.25%), Sugar: 29.62g (32.91%), Cholesterol: 33.62mg (11.21%), Sodium: 157.93mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Fiber: 2.51g (10.03%), Vitamin A: 454.52IU (9.09%), Vitamin B2: 0.12mg (7.01%), Vitamin B1: 0.08mg (5.1%), Vitamin E: 0.76mg (5.08%), Folate: 17.39µg (4.35%), Manganese: 0.09mg (4.3%), Iron: 0.63mg (3.48%), Vitamin B3: 0.68mg (3.38%), Vitamin D: 0.48µg (3.17%), Selenium: 2.14µg (3.06%), Phosphorus: 30.45mg (3.05%), Vitamin K: 3.15µg (3%), Calcium: 22.25mg (2.23%), Vitamin B5: 0.14mg (1.36%), Potassium: 45.9mg (1.31%), Vitamin B6: 0.02mg (1.23%), Magnesium: 4.88mg (1.22%), Zinc: 0.17mg (1.13%), Copper: 0.02mg (1.07%)