



## Rhubarb-Vanilla Meringues

 Gluten Free

READY IN



95 min.

SERVINGS



12

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 0.3 tsp cream of tartar
- 4 egg whites
- 1 cup milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 2 cups rhubarb chopped ()
- 0.7 cup sugar divided
- 0.3 cup water
- 0.5 cup cool whip lite whipped topping thawed

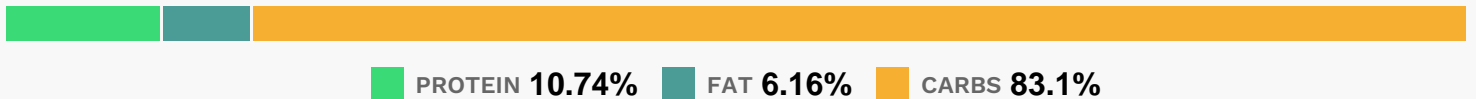
## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- blender

## Directions

- Heat oven to 225F.
- Bring rhubarb, water and 2 Tbsp. sugar to boil in saucepan; simmer on medium-low heat 5 min. or until rhubarb is softened. Cool, then refrigerate until ready to use.
- Meanwhile, beat egg whites and cream of tartar in medium bowl with mixer on high speed 5 min. or until soft peaks form.
- Add remaining sugar, 1 Tbsp. at a time, beating until stiff peaks form. Spoon into 12 mounds on parchment-covered baking sheet. Use back of spoon to indent center of each mound.
- Bake 40 to 45 min. or until crisp, dry and very lightly browned. Cool completely. Meanwhile, beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP. Refrigerate 15 min. or until slightly thickened.
- Place meringues on dessert plates just before serving. Fill with pudding mixture; top with rhubarb.

## Nutrition Facts



## Properties

Glycemic Index:9.7, Glycemic Load:8.16, Inflammation Score:-1, Nutrition Score:1.9204347781513%

## Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin

3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg

## **Nutrients (% of daily need)**

Calories: 75.3kcal (3.77%), Fat: 0.53g (0.81%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 15.67g (5.7%), Sugar: 15.03g (16.7%), Cholesterol: 0.68mg (0.22%), Sodium: 43.43mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin K: 6.06µg (5.77%), Vitamin B2: 0.08mg (4.82%), Calcium: 47.74mg (4.77%), Selenium: 2.8µg (3.99%), Potassium: 123.12mg (3.52%), Phosphorus: 28.56mg (2.86%), Vitamin B12: 0.13µg (2.23%), Manganese: 0.04mg (2.12%), Vitamin C: 1.63mg (1.97%), Magnesium: 6.26mg (1.56%), Fiber: 0.38g (1.52%), Vitamin D: 0.22µg (1.5%), Vitamin A: 64.7IU (1.29%), Vitamin B1: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.09%)