



Salzburger Nockerl

READY IN



30 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 5 large egg whites
- ☐ 3 large egg yolks
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup bottled lingonberry sauce wild or any fruit preserves or jam
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon vanilla extract pure

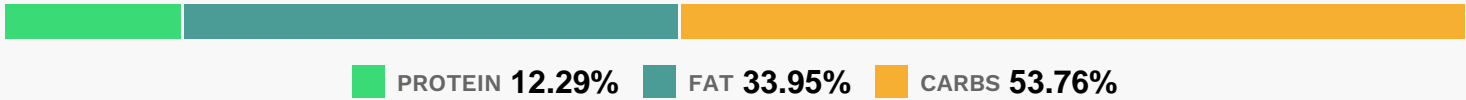
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Pour cream into a 9-inch pie plate or shallow gratin dish and spoon lingonberry sauce into cream in dollops (it will be sparse).
- ☐ Put egg whites and salt in a bowl, then set bowl in a larger bowl of hot water and stir whites to warm to room temperature, 1 to 2 minutes.
- ☐ Remove from hot water. Beat whites with an electric mixer at high speed until they just form soft peaks, then beat in granulated sugar, 1 tablespoon at a time, beating until whites just form stiff, glossy peaks.
- ☐ Sprinkle flour over meringue and fold in gently but thoroughly.
- ☐ Whisk together egg yolks and vanilla in a small bowl, then fold into whites gently but thoroughly.
- ☐ Spoon large dollops of meringue onto cream mixture and bake until golden brown and set, 13 to 15 minutes. If you prefer a less creamy soufflé, bake 5 minutes more. Dust lightly with confectioners sugar and cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:18.49, Inflammation Score:-2, Nutrition Score:4.5130434502726%

Nutrients (% of daily need)

Calories: 237.07kcal (11.85%), Fat: 8.93g (13.74%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 31.77g (11.55%), Sugar: 29.3g (32.55%), Cholesterol: 154.51mg (51.5%), Sodium: 692.46mg

(30.11%), Alcohol: 0.34g (100%), Alcohol %: 0.39% (100%), Protein: 7.27g (14.55%), Selenium: 16.62µg (23.75%), Vitamin B2: 0.29mg (17.14%), Vitamin A: 402.52IU (8.05%), Phosphorus: 66.63mg (6.66%), Vitamin D: 0.93µg (6.18%), Folate: 24.29µg (6.07%), Vitamin B12: 0.31µg (5.16%), Vitamin B5: 0.51mg (5.06%), Vitamin E: 0.47mg (3.11%), Calcium: 30.06mg (3.01%), Potassium: 99.34mg (2.84%), Vitamin B1: 0.04mg (2.79%), Iron: 0.5mg (2.78%), Vitamin B6: 0.05mg (2.65%), Zinc: 0.36mg (2.39%), Magnesium: 6.76mg (1.69%), Manganese: 0.03mg (1.45%), Copper: 0.03mg (1.32%)