



Strawberry-Chocolate Meringues

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 3 egg whites
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.8 cup sugar
- ☐ 1 ounce baker's chocolate unsweetened grated
- ☐ 2 cups strawberries sliced
- ☐ 1 quart strawberry yogurt fat-free frozen

Equipment

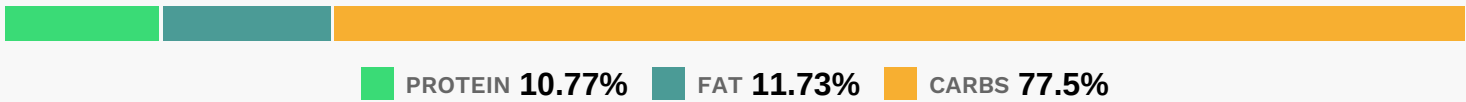
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 275°F. Line cookie sheet with heavy brown paper or aluminum foil.
- ☐ Beat egg whites and cream of tartar in medium bowl with electric mixer on high speed until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Fold in chocolate.
- ☐ Drop meringue by 1/3 cupfuls onto cookie sheet. Shape into about 3-inch circles, building up sides.
- ☐ Bake 1 hour. Turn off oven and leave meringues in oven with door closed 1 1/2 hours. Finish cooling at room temperature.
- ☐ Place strawberries in blender or food processor. Cover and blend on medium speed until smooth. Fill each meringue with about 1/2 cup frozen yogurt. Top with strawberries.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:13.91, Inflammation Score:-2, Nutrition Score:6.0943478242211%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 228.21kcal (11.41%), Fat: 3.11g (4.78%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 44.51g (16.19%), Sugar: 40.93g (45.48%), Cholesterol: 10.65mg (3.55%), Sodium: 85.18mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin C: 21.17mg (25.66%), Vitamin B2: 0.28mg (16.31%), Manganese: 0.29mg (14.44%), Calcium: 138.08mg (13.81%), Phosphorus: 116.78mg (11.68%), Vitamin B12: 0.63µg (10.42%), Potassium: 328.05mg (9.37%), Copper: 0.14mg (6.8%), Fiber: 1.66g (6.65%), Iron: 0.94mg (5.22%), Magnesium: 17.51mg (4.38%), Selenium: 2.79µg (3.99%), Zinc: 0.4mg (2.65%), Folate: 10.08µg (2.52%), Vitamin K: 1.14µg (1.08%)