



Strawberry Meringue Cake (Mostachon)

READY IN



70 min.

SERVINGS



10

CALORIES



529 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 15.8 ounce pack maria crackers chopped
- 1 cup cream cheese
- 4 egg whites
- 1 cup granulated sugar
- 0.5 cup powdered sugar
- 1 pinch salt
- 0.5 cup cup heavy whipping cream sour
- 1.5 pounds strawberries fresh sliced for garnishing

- 1 teaspoon vanilla extract
- 1 cup walnuts chopped

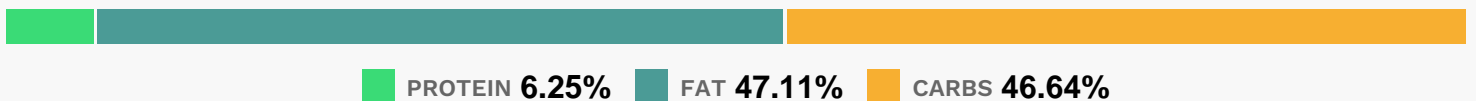
Equipment

- frying pan
- oven
- hand mixer
- springform pan
- offset spatula

Directions

- Watch how to make this recipe.
- For the cake: Preheat the oven to 350 degrees F. Spray a 9-inch nonstick springform pan with nonstick cooking spray.
- In an electric mixer on high speed, beat the egg whites until soft peaks form.
- Add the sugar slowly, then the vanilla, baking powder, and salt while beating, about 2 more minutes. Turn the power off and fold in the walnuts and Maria crackers.
- Transfer to the prepared pan.
- Bake for 30 to 40 minutes.
- For the frosting: In an electric mixer, beat the cream cheese, sour cream, powdered sugar, and vanilla extract until soft peaks form and the mixture is smooth.
- Remove the cake from the oven.
- Let cool for 15 minutes.
- Remove the springform. Using an offset spatula, spread the frosting all over the cake.
- Garnish with the strawberries and serve.

Nutrition Facts



Properties

Glycemic Index:24.91, Glycemic Load:16.06, Inflammation Score:-6, Nutrition Score:14.290869469228%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.91mg, Pelargonidin: 16.91mg, Pelargonidin: 16.91mg, Pelargonidin: 16.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 528.73kcal (26.44%), Fat: 28.35g (43.62%), Saturated Fat: 8.92g (55.72%), Carbohydrates: 63.16g (21.05%), Net Carbohydrates: 59.99g (21.81%), Sugar: 34.49g (38.32%), Cholesterol: 29.71mg (9.9%), Sodium: 516.18mg (22.44%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 8.46g (16.92%), Vitamin C: 40.26mg (48.8%), Manganese: 0.91mg (45.55%), Vitamin K: 24.86µg (23.67%), Phosphorus: 218.33mg (21.83%), Vitamin B1: 0.26mg (17.48%), Vitamin B2: 0.28mg (16.51%), Folate: 63.26µg (15.81%), Iron: 2.7mg (15%), Copper: 0.29mg (14.26%), Vitamin E: 2.08mg (13.88%), Calcium: 137.86mg (13.79%), Vitamin B3: 2.63mg (13.13%), Fiber: 3.18g (12.7%), Selenium: 7.84µg (11.2%), Magnesium: 40.46mg (10.11%), Potassium: 274.05mg (7.83%), Vitamin A: 387.01IU (7.74%), Vitamin B6: 0.14mg (6.99%), Zinc: 0.89mg (5.92%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.08µg (1.41%)