



Strawberry Meringue Clouds



Vegetarian



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



10

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature
- ☐ 1 cup freeze-dried strawberries sliced coarsely chopped
- ☐ 1 of lemon zest
- ☐ 1 pinch sea salt fine
- ☐ 0.8 cup superfine baker's sugar
- ☐ 0.3 teaspoon vanilla extract pure

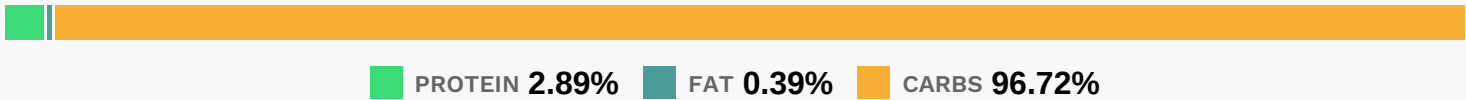
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ spatula
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 200 degrees F. Line 2 baking sheets with parchment paper.
- ☐ In a stand mixer fitted with a whisk attachment, beat the egg whites, cream of tartar and salt until the mixture holds soft peaks, about 1 minute. With the machine running on medium-high speed, add the sugar, 1 tablespoon at a time. Increase the speed to high and beat until the mixture is thick and holds stiff peaks, 3 to 5 minutes.
- ☐ Add the vanilla extract. Using a spatula, fold in the strawberries and lemon zest, taking care not to deflate the batter.
- ☐ Using a 1/4-cup-size ice cream scoop, scoop heaped mounds of batter onto the prepared baking sheets, spacing each about 2 inches apart.
- ☐ Bake for 2 hours. Turn off the oven and allow the meringues to cool completely while still in the oven, about 2 hours.
- ☐ The meringues can be stored in an airtight plastic container for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:10.47, Inflammation Score:-7, Nutrition Score:6.8152174096878%

Nutrients (% of daily need)

Calories: 155.36kcal (7.77%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 33.51g (12.18%), Sugar: 30.91g (34.34%), Cholesterol: 0mg (0%), Sodium: 20.49mg (0.89%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.08g (2.16%), Vitamin C: 289.24mg (350.59%), Iron: 5.22mg (29.02%), Fiber: 2.61g (10.45%), Potassium: 338.31mg (9.67%), Selenium: 2.07µg (2.96%), Vitamin B2: 0.05mg (2.73%)