



Strawberry Meringue Gratin

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cream of tartar
- 2 large egg whites
- 1 pint strawberries fresh stemmed sliced thin
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

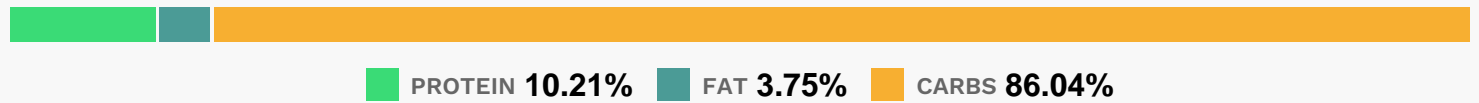
- bowl
- oven

- blender
- hand mixer
- spatula

Directions

- Preheat oven to 375F. Arrange strawberries in an even layer in a 9-inch pie plate.
- Whip egg whites in a very clean, perfectly dry bowl with an electric mixer until foamy.
- Add cream of tartar and beat until peaks form. With mixer running, add sugar in a slow, steady stream. Continue to whip egg whites until peaks are stiff and glossy, but not dry. Be careful not to overwhip whites. Gently fold in vanilla with a rubber spatula (see Tip Strip, left, for more detailed information on making meringue). Carefully spoon meringue over strawberries and gently spread evenly with a rubber spatula, making sure meringue touches edges of pie plate.
- Bake until meringue is golden brown and berries are juicy, 10 to 12 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:7.61, Inflammation Score:-3, Nutrition Score:5.0195652084506%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 64.32kcal (3.22%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 12.98g (4.72%), Sugar: 12.29g (13.66%), Cholesterol: 0mg (0%), Sodium: 19.23mg (0.84%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 1.73g (3.46%), Vitamin C: 46.37mg (56.21%), Manganese: 0.31mg (15.35%), Fiber: 1.58g (6.31%), Folate: 19.37µg (4.84%), Potassium: 159.87mg (4.57%), Vitamin B2: 0.07mg (3.97%), Selenium: 2.57µg (3.67%), Magnesium: 11.5mg (2.88%), Copper: 0.04mg (2.07%), Phosphorus: 20.6mg (2.06%), Iron: 0.34mg (1.9%), Vitamin B6: 0.04mg (1.89%), Vitamin K: 1.74µg (1.65%), Vitamin B3: 0.32mg (1.59%), Vitamin E: 0.23mg (1.52%), Calcium: 13.52mg (1.35%), Vitamin B1: 0.02mg (1.29%), Vitamin B5: 0.12mg (1.2%)