



Strawberry rose Eton mess

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



1123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 dough
- ☐ 600 ml double cream
- ☐ 2 tbsp rosewater to taste (it varies in strength so taste as you go)
- ☐ 500 g strawberries hulled quartered

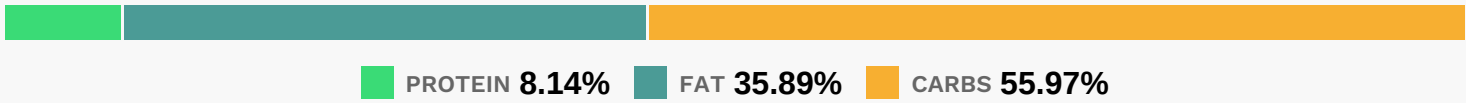
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, break up the meringues into bite-size pieces.
- ☐ Whip the cream until it holds its shape, but take care not to over-beat, then whisk in the rose water.
- ☐ Just before serving, fold the crushed meringue and cream together. Stir through the strawberries, leaving a few to garnish. Alternatively, make layers of meringue mixture and strawberries in a tall glass bowl or in individual tall wine or dessert glasses. Finish with rose petals scattered on top, if you like.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:55.94, Inflammation Score:-9, Nutrition Score:32.584347921869%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.53mg, Pelargonidin: 15.53mg, Pelargonidin: 15.53mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1122.69kcal (56.13%), Fat: 44.4g (68.31%), Saturated Fat: 21.52g (134.52%), Carbohydrates: 155.8g (51.93%), Net Carbohydrates: 149.17g (54.24%), Sugar: 5.77g (6.41%), Cholesterol: 85.26mg (28.42%), Sodium: 1387.89mg (60.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.31%), Vitamin B1: 1.56mg (104.07%), Selenium: 68.45µg (97.79%), Manganese: 1.59mg (79.45%), Folate: 267.06µg (66.76%), Vitamin B2: 1.12mg (65.92%), Vitamin B3: 11.82mg (59.08%), Iron: 9.42mg (52.31%), Vitamin C: 37.2mg (45.09%), Phosphorus:

271.01mg (27.1%), Fiber: 6.63g (26.51%), Vitamin A: 1116.58IU (22.33%), Copper: 0.32mg (16.21%), Magnesium: 55.86mg (13.96%), Vitamin B5: 1.13mg (11.25%), Zinc: 1.66mg (11.04%), Potassium: 376.72mg (10.76%), Vitamin K: 10.86µg (10.35%), Calcium: 90.93mg (9.09%), Vitamin D: 1.21µg (8.05%), Vitamin E: 1.1mg (7.35%), Vitamin B6: 0.14mg (7.03%), Vitamin B12: 0.12µg (2.01%)