



Suspiro a la Limea



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



9

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 5 egg whites
- ☐ 5 egg yolks beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 pinch ground cinnamon
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 cup sugar white

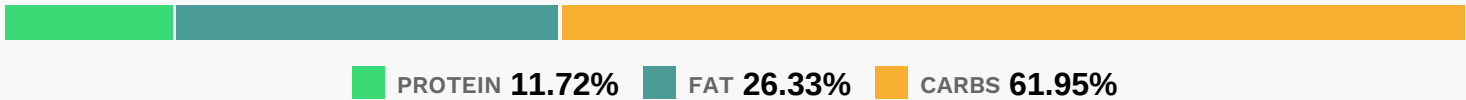
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ In a saucepan over low heat, stir together the evaporated milk and 2 cups of sugar. Cook over low heat, stirring occasionally, until the mixture is thick enough for you to see the bottom of the pan when you stir, about 25 minutes.
- ☐ Slowly stir in the sweetened condensed milk, pouring in a very thin stream.
- ☐ Pour a small amount of the hot milk mixture into the egg yolks, and then slowly pour back into the saucepan in a thin stream while stirring vigorously.
- ☐ Mix in the vanilla. Run the mixture through a sieve or strainer, into individual ramekins or heatproof custard cups. Set aside.
- ☐ In a separate saucepan, stir together 1 cup of sugar and water. Bring to a boil, and cook until the mixture can spin a thin brittle thread off the spoon.
- ☐ Remove from the heat. In a large bowl, whip egg whites with an electric mixer until they can hold a stiff peak.
- ☐ Drizzle in the sugar syrup while whipping on low speed until fully incorporated. Then, mix on medium speed until the meringue is cold. This will prevent it from separating. Spoon onto the cups of custard to serve, and top with a light dusting of ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:15.12, Glycemic Load:30.15, Inflammation Score:-2, Nutrition Score:7.52304344025%

Nutrients (% of daily need)

Calories: 322.54kcal (16.13%), Fat: 9.57g (14.72%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 50.62g (18.41%), Sugar: 50.36g (55.95%), Cholesterol: 134.43mg (44.81%), Sodium: 130.86mg (5.69%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 9.58g (19.16%), Vitamin B2: 0.44mg (25.8%), Calcium: 242.9mg (24.29%), Selenium: 16.5µg (23.57%), Phosphorus: 233.15mg (23.31%), Potassium: 322.34mg (9.21%), Vitamin B5: 0.91mg (9.13%), Vitamin B12: 0.47µg (7.79%), Vitamin A: 356.24IU (7.12%), Zinc: 0.96mg (6.38%), Magnesium: 23.39mg (5.85%), Folate: 23.27µg (5.82%), Vitamin B1: 0.08mg (5.1%), Vitamin D: 0.67µg (4.45%), Vitamin B6: 0.08mg (3.91%), Vitamin E: 0.39mg (2.61%), Iron: 0.46mg (2.55%), Vitamin C: 1.9mg (2.3%), Copper: 0.03mg (1.37%)