



Vacherins with Raspberry Sorbet and Mixed Berry-Cardamom Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce berries mixed unsweetened frozen thaw (do not)
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large egg whites room temperature
- ☐ 1 teaspoon ground cardamom
- ☐ 8 servings mint leaves fresh
- ☐ 8 servings raspberries fresh

- ☐ 0.8 cup raspberry jam seedless
- ☐ 3 pints raspberry sorbet
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ cookie cutter
- ☐ pastry bag

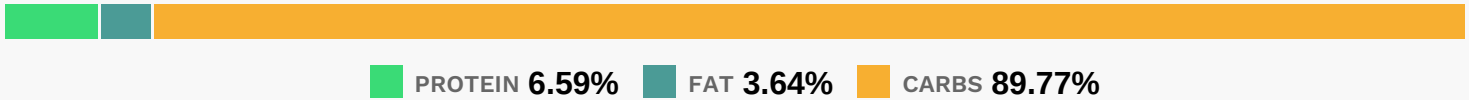
Directions

- ☐ Position 1 rack in bottom third and 1 rack in top third of oven; preheat to 200°F. Line 2 large baking sheets with parchment paper. Using 3 1/4- to 3 1/2-inch-diameter cookie cutter as template, heavily trace 4 circles on each parchment sheet. Turn parchment over so that marked side faces down (circles will show through).
- ☐ Whisk sugar and cornstarch in medium bowl to blend. Using heavy-duty or handheld electric mixer on medium-high speed, beat whites in large bowl until foamy, about 1 minute.
- ☐ Add cream of tartar; beat until soft peaks form, about 1 minute.
- ☐ Add sugar mixture, 1 tablespoon at a time, beating until whites are very stiff and glossy, at least 4 minutes with heavy-duty mixer and 6 to 8 minutes with handheld. Scoop enough meringue into pastry bag fitted with medium star tip to fill 1/3 full. Pipe small dot of meringue under parchment in each corner of baking sheets. Press parchment onto dots.
- ☐ Starting in center of 1 marked circle, pipe meringue in continuous spiral to fill circle completely. Pipe 1 meringue circle atop edge of base circle, forming standing rim. Repeat,

piping 2 more circles atop first, forming meringue cup. Pipe 3 more cups on sheet, filling bag with meringue as needed. Pipe 4 cups on second sheet.

- ☐
- Bake meringues 3 hours without opening oven door (sides of meringues may settle slightly). Turn off oven; let meringues stand in closed oven over-night to dry completely. (Can be made 1 week ahead. Store airtight in single layer.)
- ☐
- Whisk jam, sugar and 1/3 cup water in heavy medium saucepan over medium-high heat until sugar dissolves and jam melts. Boil until sauce thickens and is reduced to generous 3/4 cup, whisking often, about 7 minutes.
- ☐
- Add berries and cardamom; stir gently.
- ☐
- Remove from heat; let stand 1 hour to thaw fruit. Cover; chill at least 2 hours and up to 1 day.
- ☐
- Scoop sorbet into vacherins. (Can be made 2 days ahead. Wrap tightly; freeze. If you freeze the vacherins, the meringues will be tender and chewy rather than crisp.) Spoon sauce over.
- ☐
- Garnish with berries and mint.
- ☐
- Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:21.46, Inflammation Score:-4, Nutrition Score:7.8739130237828%

Flavonoids

Cyanidin: 29.93mg, Cyanidin: 29.93mg, Cyanidin: 29.93mg, Cyanidin: 29.93mg Petunidin: 10.48mg, Petunidin: 10.48mg, Petunidin: 10.48mg, Petunidin: 10.48mg Delphinidin: 13.03mg, Delphinidin: 13.03mg, Delphinidin: 13.03mg, Delphinidin: 13.03mg Malvidin: 28.23mg, Malvidin: 28.23mg, Malvidin: 28.23mg, Malvidin: 28.23mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 439.09kcal (21.95%), Fat: 1.77g (2.73%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 98.23g (32.74%),
Net Carbohydrates: 88.91g (32.33%), Sugar: 69.27g (76.96%), Cholesterol: 0mg (0%), Sodium: 172.54mg (7.5%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Fiber: 9.32g (37.28%), Manganese: 0.58mg
(29.22%), Vitamin C: 20.31mg (24.62%), Vitamin K: 13.98µg (13.31%), Vitamin B2: 0.18mg (10.71%), Selenium: 5.9µg
(8.42%), Potassium: 210.37mg (6.01%), Copper: 0.12mg (5.91%), Vitamin E: 0.83mg (5.55%), Folate: 22.21µg (5.55%),
Magnesium: 21.57mg (5.39%), Iron: 0.8mg (4.43%), Vitamin B6: 0.08mg (3.8%), Vitamin B3: 0.71mg (3.55%),
Phosphorus: 34.85mg (3.48%), Vitamin B5: 0.33mg (3.25%), Calcium: 31.5mg (3.15%), Vitamin B1: 0.04mg (2.98%),
Zinc: 0.35mg (2.35%), Vitamin A: 88.36IU (1.77%)