



Valentine's Day Meringue Dessert

 Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



464 kcal

DESSERT

Ingredients

- ☐ 4 egg whites
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 cup granulated sugar
- ☐ 1.5 cups whipping cream
- ☐ 4 oz cream cheese softened
- ☐ 0.3 cup powdered sugar
- ☐ 3 oz chocolate white melted
- ☐ 21 oz peach pie filling canned

- ☐ 2 cups strawberries fresh halved
- ☐ 1 sprigs mint leaves fresh

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

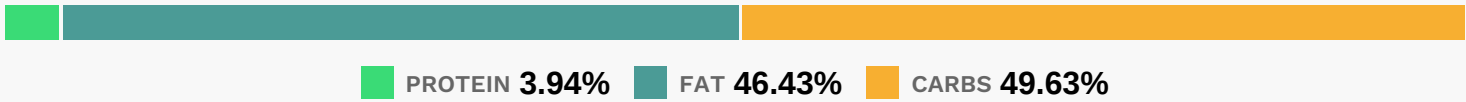
Directions

- ☐ Heat oven to 275°F. Line cookie sheet with cooking parchment paper. In large bowl, beat egg whites and cream of tartar with electric mixer on medium speed until foamy. On high speed, beat in 1 tablespoon of the granulated sugar at a time until stiff glossy peaks form and sugar is almost dissolved, about 6 minutes.
- ☐ Spread meringue to form 10x10-inch heart shape on cookie sheet, building up edges with back of spoon.
- ☐ Bake 45 to 50 minutes or until firm and dry to the touch. Turn oven off; let meringue shell stand in closed oven 1 hour. Slide meringue shell and parchment paper from cookie sheet onto wire rack. Cool completely, about 10 minutes.
- ☐ Meanwhile, in medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. In large bowl, beat cream cheese and powdered sugar with mixer on medium speed until fluffy. Gradually beat in melted baking bar until smooth and creamy. Gently fold in whipped cream.
- ☐ Carefully remove meringue shell from parchment paper; place shell on serving plate.
- ☐ Spread cream mixture evenly in shell. Cover; refrigerate at least 2 hours.
- ☐ In medium bowl, gently mix pie filling and strawberries. Spoon 1 1/2 cups fruit mixture over top of dessert.
- ☐ Garnish with mint sprigs.

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Serve remaining fruit mixture to be spooned over individual servings.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:22.87, Inflammation Score:-5, Nutrition Score:6.3795652285866%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 463.54kcal (23.18%), Fat: 24.69g (37.98%), Saturated Fat: 15.2g (94.97%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 57.86g (21.04%), Sugar: 48.86g (54.29%), Cholesterol: 66.98mg (22.33%), Sodium: 126.77mg (5.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin C: 22.79mg (27.63%), Vitamin A: 877.03IU (17.54%), Vitamin B2: 0.23mg (13.78%), Selenium: 6.58µg (9.39%), Manganese: 0.17mg (8.32%), Phosphorus: 75.96mg (7.6%), Calcium: 74.74mg (7.47%), Potassium: 221.28mg (6.32%), Fiber: 1.5g (5.98%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.71µg (4.76%), Copper: 0.08mg (3.91%), Vitamin K: 3.86µg (3.67%), Vitamin B5: 0.36mg (3.64%), Magnesium: 13.6mg (3.4%), Folate: 13.19µg (3.3%), Vitamin B6: 0.06mg (2.96%), Vitamin B12: 0.18µg (2.93%), Iron: 0.49mg (2.7%), Vitamin B1: 0.04mg (2.48%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.3mg (1.52%)