



Yellow Fruit Salad with Ginger-Thyme Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large egg whites at room temperature
- ☐ 3.3 inch thick ginger fresh
- ☐ 1 large mangos ripe peeled thinly sliced
- ☐ 2 peaches peeled thinly sliced
- ☐ 1 golden plum thinly sliced
- ☐ 1 cup caster sugar
- ☐ 1 large thyme sprig
- ☐ 0.5 teaspoon vanilla extract pure

☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ pastry bag
- ☐ candy thermometer

Directions

- ☐ Preheat the oven to 22
- ☐ In a heavy saucepan, bring the sugar, water, ginger and thyme to a boil, stirring until the sugar dissolves. Lower the heat and simmer for 10 minutes. Strain 1/2 cup of the syrup into a bowl and let cool.
- ☐ Boil the remaining syrup over high heat until it reaches 230 on a candy thermometer, about 5 minutes. Discard the ginger and thyme.
- ☐ In a bowl, beat the egg whites at medium speed until soft peaks form. At high speed, slowly beat in the hot syrup.
- ☐ Add the vanilla and beat until the meringue is stiff, glossy and at room temperature.
- ☐ Line 2 baking sheets with parchment paper. Fit a pastry bag with a 5/16-inch round tip (#3).
- ☐ Add one-third of the meringue at a time and pipe it out onto the prepared baking sheets in 5-inch-long straight or slightly squiggly lines about 1/2 inch apart.
- ☐ Bake the meringues for about 1 1/2 hours, or until dry to the touch. Turn off the oven and leave the meringues in for 1 hour; they should be completely crisp and dry.
- ☐ Let cool on the baking sheets.
- ☐ Fold the fruit into the reserved syrup.
- ☐ Let stand for 20 minutes. Spoon into bowls and serve with the meringues.

Nutrition Facts

PROTEIN 4.3% FAT 2.1% CARBS 93.6%

Properties

Glycemic Index:43.46, Glycemic Load:27.92, Inflammation Score:-6, Nutrition Score:4.0908696230339%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.37mg, Catechin: 3.37mg, Catechin: 3.37mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 184.98kcal (9.25%), Fat: 0.45g (0.7%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 43.96g (15.99%), Sugar: 43.46g (48.29%), Cholesterol: 0mg (0%), Sodium: 26.96mg (1.17%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 2.09g (4.18%), Vitamin C: 16.11mg (19.53%), Vitamin A: 582.16IU (11.64%), Fiber: 1.56g (6.22%), Selenium: 3.68µg (5.26%), Vitamin B2: 0.09mg (5.2%), Copper: 0.1mg (5.07%), Potassium: 172.07mg (4.92%), Folate: 19.32µg (4.83%), Vitamin E: 0.71mg (4.76%), Manganese: 0.07mg (3.64%), Vitamin B3: 0.72mg (3.62%), Vitamin K: 3.66µg (3.48%), Vitamin B6: 0.06mg (3.2%), Magnesium: 11.56mg (2.89%), Phosphorus: 20.73mg (2.07%), Vitamin B5: 0.19mg (1.89%), Iron: 0.32mg (1.79%), Vitamin B1: 0.03mg (1.75%), Zinc: 0.18mg (1.21%)