

Strawberry Charlotte

Mrs. Lewis S. Doberty III

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Servings: 10

2 envelopes (1/4-ounce ea) unflavored gelatin

3/4 cup sugar, divided

1/4 teaspoon salt

4 eggs, separated

1/2 cup water

2 packages (10 ounce ea) frozen, sliced strawberries

2 tablespoons lemon juice

2 teaspoons grated lemon rind

1 package (3 ounce) unfilled ladyfingers

1 cup whipping cream

In the top of a double-boiler, mix the gelatin, 1/4 cup of sugar and salt thoroughly. In a bowl, beat the egg yolks and water together. Add to the gelatin mixture. Add one package of the strawberries. Cook over boiling water, stirring constantly, until the gelatin is dissolved and the strawberries thawed, about 8 minutes.

Remove from the heat. Add the remaining strawberries, lemon juice and rind. Stir until the berries have thawed.

Chill in the refrigerator, stirring occasionally, until the mixture mounds when dropped from a spoon.

Split the ladyfingers in half. Stand them around the edge of an eight-inch spring-form pan.

In a bowl, beat the egg whites until stiff. Beat in the remaining 1/4 cup of sugar. Fold in the gelatin mixture. Whip the cream and fold into the mixture. Pour the mixture into the pan. Chill until firm.

When ready to serve, remove the sides of the pan and slice between the ladyfingers.

Per Serving (excluding unknown items): 235 Calories; 11g Fat (40.4% calories from fat); 4g Protein; 32g Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 134mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	235
% Calories from Fat:	40.4%
% Calories from Carbohydrates:	52.4%
% Calories from Protein:	7.2%
Total Fat (g):	11g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	117mg
Carbohydrate (g):	32g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	134mg
Potassium (mg):	51mg
Calcium (mg):	28mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	448IU
Vitamin A (r.e.):	128 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	235	Calories from Fat: 95
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% Daily Values*

Total Fat	11g	17%
Saturated Fat	6g	31%
Cholesterol	117mg	39%
Sodium	134mg	6%
Total Carbohydrates	32g	11%
Dietary Fiber	trace	0%
Protein	4g	

Vitamin A	9%
Vitamin C	3%
Calcium	3%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.