## Frozen Meringue Cream with Raspberry Compote

Lynda Balsley - San Anselmo, CA Relish Magazine - May 2014

## Servings: 12

COMPOTE

12 ounces fresh or frozen raspberries or strawberries
2 tablespoons sugar
2 tablespoons fresh lemon juice
MERINGUE CREAM
2 cups heavy cream
1/4 cup sugar
1/2 teaspoon vanilla extract

3 ounces meringue cookies (about 9)

In a medium saucepan over medium heat, combine the raspberries, sugar and lemon juice. Cook, stirring occasionally, until the raspberries begin to break down and release their juices, about 5 minutes. Transfer the compote to a bowl and let cool.

Lightly oil a 9x5-inch loaf pan with vegetable oil. Line the bottom and sides with plastic wrap, leaving a three-inch overhang on all sides.

Crumble the meringues, leaving some large chunks. Arrange a 1/2-inch layer of crumbled meringues on the bottom of the prepared pan.

Beat the cream, sugar and vanilla on high speed until soft peaks form. Fold in the remaining meringue crumbles. Pour into the prepared pan and smooth the top. Cover with the overhanging plastic wrap and additional plastic wrap to seal thoroughly.

Freeze for at least eight hours or up to twentyfour hours.

To serve: remove the pan from the freezer and let stand at room temperature for 5 minutes. Gently pull the plastic to remove the cream from the pan. Invert on to a serving plate.

Slice and serve with raspberry compote.

Per Serving (excluding unknown items): 162 Calories; 15g Fat (79.6% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 15mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

**Desserts** 

## Day Camina Mutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	trace
% Calories from Fat:	79.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	18.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	15g	Folacin (mcg):	2mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1 0.0%
Cholesterol (mg):	54mg	V. Darliea	1111%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	15mg	Vegetable:	0
Potassium (mg):	33mg	Fruit:	0
Calcium (mg):	26mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	3
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	1mg	•	
Vitamin A (i.u.):	584IÜ		
Vitamin A (r.e.):	167RE		

## **Nutrition Facts**

Servings per Recipe: 12

Total Fat         15g         23%           Saturated Fat         9g         46%           Cholesterol         54mg         18%           Sodium         15mg         1%           Total Carbohydrates         8g         3%           Dietary Fiber         trace         0%	Amount Per Serving	
Total Fat         15g         23%           Saturated Fat         9g         46%           Cholesterol         54mg         18%           Sodium         15mg         1%           Total Carbohydrates         8g         3%           Dietary Fiber         trace         0%	Calories 162	Calories from Fat: 129
Saturated Fat         9g         46%           Cholesterol         54mg         18%           Sodium         15mg         1%           Total Carbohydrates         8g         3%           Dietary Fiber         trace         0%		% Daily Values*
<b>Protein</b> 19	Saturated Fat 9g Cholesterol 54mg Sodium 15mg Total Carbohydrates 8g	46% 18% 1% 3%

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.