



Apricot-Raspberry Pavlovas with Sliced Almonds



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1.5 pounds apricots pitted halved cut into 3 wedges
- ☐ 2 teaspoons cornstarch
- ☐ 4 large egg whites
- ☐ 0.5 pint raspberries
- ☐ 1.8 cups sugar divided

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Line large rimmed baking sheet with parchment paper. Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually add 1 cup sugar; beat until thick and mixture resembles marshmallow creme, about 5 minutes. Beat in cornstarch and almond extract. Drop meringue onto prepared sheet in 6 mounds, spacing apart. Using spoon, make indentation in center of each.
- ☐ Sprinkle almonds over meringues.
- ☐ Place in oven; immediately reduce temperature to 250°F.
- ☐ Bake until meringues are dry outside but centers are still soft, about 45 minutes. Cool on sheet on rack 30 minutes.
- ☐ Meanwhile, stir apricots and 3/4 cup sugar in large nonstick skillet over medium-high heat until sugar dissolves and apricots are soft, about 5 minutes. Stir in vanilla.
- ☐ Transfer to bowl; chill until cool. Stir in raspberries.
- ☐ Using electric mixer, beat cream with remaining 1 tablespoon sugar in medium bowl until peaks form.
- ☐ Place meringues on plates. Spoon whipped cream into center of each. Top with apricot mixture and serve.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:45.62, Inflammation Score:-9, Nutrition Score:11.879130389379%

Flavonoids

Cyanidin: 18.17mg, Cyanidin: 18.17mg, Cyanidin: 18.17mg, Cyanidin: 18.17mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg, Catechin: 4.74mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 480.36kcal (24.02%), Fat: 17.79g (27.37%), Saturated Fat: 9.36g (58.47%), Carbohydrates: 78.48g (26.16%), Net Carbohydrates: 73.01g (26.55%), Sugar: 72.08g (80.09%), Cholesterol: 44.82mg (14.94%), Sodium: 49.53mg (2.15%), Alcohol: 0.29g (100%), Alcohol %: 0.13% (100%), Protein: 6.67g (13.34%), Vitamin A: 2780.21IU (55.6%), Vitamin C: 21.91mg (26.56%), Manganese: 0.48mg (23.79%), Fiber: 5.48g (21.9%), Vitamin E: 3.03mg (20.17%), Vitamin B2: 0.3mg (17.74%), Potassium: 466.67mg (13.33%), Magnesium: 39.13mg (9.78%), Copper: 0.19mg (9.55%), Selenium: 6.36µg (9.09%), Phosphorus: 88.54mg (8.85%), Vitamin K: 8.09µg (7.7%), Calcium: 66.76mg (6.68%), Folate: 23.2µg (5.8%), Vitamin B3: 1.15mg (5.77%), Vitamin B5: 0.57mg (5.69%), Iron: 0.99mg (5.53%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.66mg (4.41%), Vitamin B1: 0.07mg (4.4%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.08µg (1.39%)