



Berry Pavlovas



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon cornstarch
- ☐ 2 egg whites
- ☐ 0.5 cup heavy cream
- ☐ 1 cup strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water hot

☐ 0.5 teaspoon distilled vinegar white

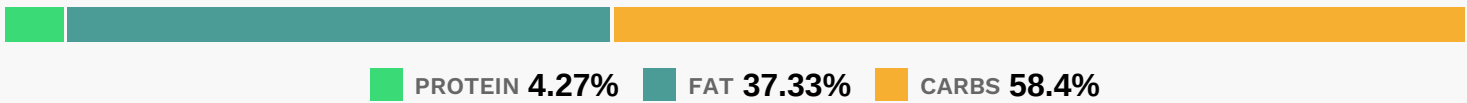
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 275 degrees F. Line a baking sheet with a large sheet of parchment.
- ☐ In a food processor, pulse the sugar to make it fine (or use extra-fine sugar) and set aside. In a medium glass bowl, whip the egg whites with an electric mixer on low speed until foamy, not quite making peaks.
- ☐ Add half of the sugar and whip until stiff peaks form. In a small bowl, sift the remaining sugar with the cornstarch.
- ☐ Add to the egg whites along with the vanilla and vinegar and blend until incorporated.
- ☐ Spoon the mixture into 4 piles on the prepared baking sheet. Use a spoon to create a well in each pile.
- ☐ Bake for 40 minutes, and then turn off the oven and leave the pavlovas in the oven untouched for another 20 minutes.
- ☐ Remove from the oven and allow to cool.
- ☐ Meanwhile, whip the cream until it makes soft peaks. Top the cooled pavlovas with the whipped cream and strawberries. Make a quick sauce by thinning the jam with the hot water and drizzle over the pavlovas.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:18.27, Inflammation Score:-4, Nutrition Score:4.1021739192631%

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: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg 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 Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 255.96kcal (12.8%), Fat: 10.98g (16.9%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 37.89g (13.78%), Sugar: 34.17g (37.96%), Cholesterol: 33.62mg (11.21%), Sodium: 39.93mg (1.74%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 2.83g (5.65%), Vitamin C: 22.65mg (27.45%), Vitamin A: 471.96IU (9.44%), Vitamin B2: 0.14mg (8.13%), Manganese: 0.15mg (7.48%), Selenium: 4.5µg (6.43%), Potassium: 120.45mg (3.44%), Vitamin D: 0.48µg (3.17%), Fiber: 0.77g (3.08%), Calcium: 29.98mg (3%), Phosphorus: 28.71mg (2.87%), Vitamin E: 0.4mg (2.65%), Folate: 10.58µg (2.64%), Magnesium: 9.16mg (2.29%), Copper: 0.04mg (2.12%), Vitamin K: 1.74µg (1.66%), Vitamin B6: 0.03mg (1.56%), Iron: 0.28mg (1.54%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.06µg (1.02%), Vitamin B1: 0.02mg (1.02%)