



WHATSheATE



Cherry chocolate Pavlova



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



12

CALORIES



346 kcal

DESSERT

Ingredients



6 large egg whites



300 g sugar



1 tbsp cornstarch



2 tsp citrus champagne vinegar



25 g cocoa powder



50 g chocolate dark finely chopped



284 ml double cream



3 tbsp powdered sugar

- ☐ 600.5 g cherries (I used Bonne Maman)
- ☐ 12 servings cherries fresh

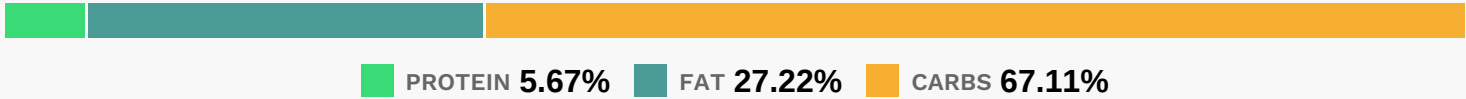
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 140C/fan 120C/gas
- ☐ Whisk the egg whites just until they form stiff peaks. Gradually whisk in the sugar, a couple of tbsp at a time, making sure you whisk really well between each addition. When all the sugar has been added, keep whisking for a couple of mins until the mixture is really thick and glossy and looks a little like shaving foam. Carefully stir in the cornflour, vinegar, cocoa powder and chocolate with a large metal spoon, just until incorporated.
- ☐ Tear off a sheet of baking parchment and use to cover a baking sheet. Mark a 25cm circle on the paper. Spoon over the meringue mixture, swirling into the circle, building up the sides a little, ready to keep the filling in. Cook for 1 hrs. Leave to cool.
- ☐ When ready to serve, whip the double cream and icing sugar together in a big bowl until soft peaks form. Spoon the cherry compote over the meringue, dollop over the cream, then swirl around. Arrange a few of the fresh cherries on top to finish.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:23.6, Inflammation Score:-6, Nutrition Score:7.5865216514339%

Flavonoids

Cyanidin: 57.41mg, Cyanidin: 57.41mg, Cyanidin: 57.41mg, Cyanidin: 57.41mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Peonidin: 2.85mg, Peonidin: 2.85mg, Peonidin: 2.85mg, Peonidin: 2.85mg Catechin: 9.64mg, Catechin: 9.64mg, Catechin: 9.64mg, Catechin: 9.64mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 345.65kcal (17.28%), Fat: 11.14g (17.15%), Saturated Fat: 6.74g (42.1%), Carbohydrates: 61.83g (20.61%), Net Carbohydrates: 56.61g (20.58%), Sugar: 53.08g (58.98%), Cholesterol: 27.03mg (9.01%), Sodium: 35.51mg (1.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.22g (10.45%), Fiber: 5.22g (20.89%), Vitamin C: 13.45mg (16.3%), Potassium: 533.75mg (15.25%), Manganese: 0.3mg (14.9%), Copper: 0.28mg (13.76%), Vitamin B2: 0.19mg (11.37%), Magnesium: 44.34mg (11.08%), Vitamin A: 473.23IU (9.46%), Iron: 1.53mg (8.48%), Phosphorus: 84.47mg (8.45%), Selenium: 4.78µg (6.82%), Vitamin B6: 0.11mg (5.32%), Vitamin B5: 0.49mg (4.93%), Vitamin K: 5.11µg (4.87%), Calcium: 47.62mg (4.76%), Vitamin B1: 0.06mg (3.98%), Zinc: 0.48mg (3.19%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.38mg (2.52%), Folate: 9.88µg (2.47%), Vitamin B3: 0.41mg (2.07%), Vitamin B12: 0.06µg (1.08%)