



WHATSheATE



Chocolate Chip Pavlovas With Raspberries and Apricots

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 3 apricots pitted thinly sliced
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 4 tablespoons vanilla yogurt fat-free
- ☐ 6 ounces raspberries
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup semi chocolate chips miniature

- ☐ 0.3 cup sugar divided
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 20
- ☐ Trace 4 (3-inch) circles onto 2 sheets of parchment paper (8 circles total), leaving 1 inch between.
- ☐ Place paper onto baking sheets.
- ☐ In a large bowl, beat egg whites with mixer on medium speed just until foamy. Increase speed to medium-high, add salt and cream of tartar, and beat until egg whites form soft peaks.
- ☐ Add 1/4 cup sugar, a tablespoon at a time, beating well after each addition. Beat just until stiff peaks form.
- ☐ Add vanilla. Fold in chocolate chips with a rubber spatula.
- ☐ Starting at the center, spoon meringue onto the circles, using 1/2 cup per circle. Use a spoon to press in center of each meringue to shape it into a nest.
- ☐ Place 1 baking sheet on the middle oven rack and 1 on the bottom.
- ☐ Bake for 1 hour or until set, switching sheets halfway through. Turn off heat; let cool in the oven 8 hours or overnight. Pavlovas will be crisp on the bottom.
- ☐ Combine fruit mixture and remaining 2 teaspoons sugar in a bowl; let stand 5 minutes. Top each meringue with 1/2 tablespoon yogurt, then fruit.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 7.46%**  **FAT 42.27%**  **CARBS 50.27%**

Properties

Glycemic Index:17.22, Glycemic Load:5.16, Inflammation Score:-4, Nutrition Score:6.0152173716089%

Flavonoids

Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 184.14kcal (9.21%), Fat: 8.74g (13.45%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 19.98g (7.26%), Sugar: 18.06g (20.06%), Cholesterol: 1.48mg (0.49%), Sodium: 100.17mg (4.36%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 19.07mg (6.36%), Protein: 3.47g (6.94%), Manganese: 0.45mg (22.58%), Copper: 0.31mg (15.53%), Fiber: 3.42g (13.68%), Magnesium: 47.53mg (11.88%), Iron: 1.62mg (9%), Vitamin C: 6.93mg (8.41%), Phosphorus: 77.52mg (7.75%), Selenium: 4.88µg (6.96%), Potassium: 234.62mg (6.7%), Vitamin B2: 0.09mg (5.49%), Vitamin A: 271.78IU (5.44%), Zinc: 0.76mg (5.09%), Vitamin K: 3.77µg (3.59%), Calcium: 33.02mg (3.3%), Vitamin E: 0.44mg (2.91%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.19mg (1.92%), Folate: 6.81µg (1.7%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.09µg (1.43%), Vitamin B1: 0.02mg (1.42%)