



Chocolate Pavlova with Winter Fruit

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



12

CALORIES



284 kcal

DESSERT

Ingredients

- 2 ounces chocolate dark finely (see Kitchen Tip #2)
- 0.3 teaspoon cream of tartar
- 2 tablespoons dutch-processed cocoa powder
- 4 large egg whites room temperature
- 2 cups fruit fresh assorted
- 1 cup granulated sugar
- 2 cups cup heavy whipping cream chilled
- 6 tablespoons sugar

- 1 teaspoon tapioca flour
- 1 teaspoon vanilla paste
- 1 teaspoon vanilla extract
- 1 teaspoon vinegar white

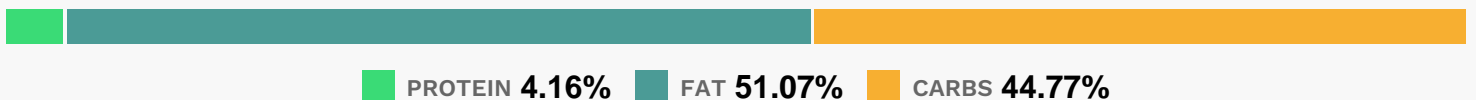
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- stand mixer

Directions

- To make the chocolate meringue: Preheat the oven to 225F convection or 250F conventional. Line a rimmed baking sheet with a Silpat or parchment paper. In the bowl of a stand mixer fitted with a whisk attachment, whip the egg whites, vanilla bean paste, and cream of tartar until soft peaks begin to form. Sift together the sugar, cocoa powder, and cornstarch. With the motor running at low speed, add the sugar mixture 1 tablespoon at a time to the egg whites.
- Add the vinegar and dark chocolate. Whip until fully incorporated and the egg whites hold a stiff peak (the whip attachment will have a sturdy egg white tail when removed). Scoop the mixture onto the prepared baking sheet. Shape into a 9- to 10-inch circle with a slightly higher edge.
- Place the baked meringue onto a serving platter or cake stand.
- Spread the whipped cream in the center leaving a 2-inch gap around the edge. Arrange the fruit on top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:16.2, Inflammation Score:-5, Nutrition Score:4.015652173913%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Taste

Sweetness: 100%, Saltiness: 14.04%, Sourness: 3.37%, Bitterness: 9.33%, Savoriness: 8.35%, Fattiness: 60.23%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 283.94kcal (14.2%), Fat: 16.58g (25.51%), Saturated Fat: 10.35g (64.7%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 31.24g (11.36%), Sugar: 29.74g (33.05%), Cholesterol: 44.97mg (14.99%), Sodium: 32.36mg (1.41%), Caffeine: 5.7mg (1.9%), Protein: 3.04g (6.08%), Vitamin A: 704.23IU (14.08%), Vitamin B2: 0.14mg (8.39%), Copper: 0.15mg (7.68%), Manganese: 0.14mg (6.92%), Fiber: 1.46g (5.82%), Selenium: 3.97µg (5.67%), Magnesium: 20.94mg (5.23%), Phosphorus: 50.13mg (5.01%), Iron: 0.87mg (4.81%), Potassium: 148.52mg (4.24%), Vitamin D: 0.63µg (4.23%), Calcium: 33.73mg (3.37%), Vitamin K: 3.45µg (3.29%), Vitamin E: 0.39mg (2.62%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.16mg (1.6%), Vitamin B12: 0.09µg (1.44%), Vitamin C: 1.11mg (1.34%), Vitamin B3: 0.26mg (1.31%), Vitamin B6: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.03%)