



## Classic Pavlova



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



222 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons cornstarch
- ☐ 4 large egg whites at room temperature
- ☐ 1 cup heavy cream
- ☐ 1.7 cups peaches and/or nectarines thinly sliced
- ☐ 7 oz sugar
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 teaspoon distilled vinegar or white

## Equipment


- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ stand mixer

## Directions

- ☐ Position racks in the upper and lower thirds of the oven, and preheat the oven to 275F. Line 2 baking sheets with parchment paper.
- ☐ To make the meringue: If your sugar is not superfine, spin it in the food processor for 15 seconds.
- ☐ Mix the sugar and cornstarch together thoroughly.
- ☐ Combine the egg whites and vinegar or cream of tartar in a large, clean, dry bowl, and beat at medium-high speed (with a stand mixer) or at high speed (with a handheld mixer) until egg whites are creamy white and hold a soft shape when the beaters are lifted. Gradually add the sugar mixture a heaping teaspoon at a time, taking 2 1/2–3 minutes in all; you should have a very stiff, creamy meringue.
- ☐ To make 8 individual pavlovas: Scoop 4 equal portions of the meringue onto each lined baking sheet, spaced well apart. Sculpt each portion into a small dome, about 4 1/2 inches in diameter.
- ☐ Bake 1 hour, until the pavlovas are golden pink and crusty on the surface and marshmallow-y within, rotating the sheets from top to bottom and front to back halfway through the baking time.
- ☐ Set baking sheets on a rack to cool completely (pavlovas may sink a little). If you are not serving the pavlovas the same day, cover the meringues loosely and leave at room temperature; they keep for several days.
- ☐ To assemble the dessert: In medium bowl, beat cream, with the vanilla, if using, until it is almost stiff. Top meringues with whipped cream and garnish with the fruit.

## Nutrition Facts



 **PROTEIN 5.16%**  **FAT 43.27%**  **CARBS 51.57%**

Properties

Glycemic Index:20.04, Glycemic Load:18.43, Inflammation Score:-3, Nutrition Score:2.5973912969879%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 221.69kcal (11.08%), Fat: 10.93g (16.82%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 28.83g (10.48%), Sugar: 28.5g (31.66%), Cholesterol: 33.62mg (11.21%), Sodium: 39.93mg (1.74%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 2.94g (5.87%), Vitamin A: 541.92IU (10.84%), Vitamin B2: 0.14mg (8.44%), Selenium: 5.03µg (7.18%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.48µg (3.17%), Potassium: 95.56mg (2.73%), Phosphorus: 26.89mg (2.69%), Calcium: 22.42mg (2.24%), Fiber: 0.48g (1.94%), Vitamin K: 1.91µg (1.82%), Vitamin C: 1.49mg (1.81%), Copper: 0.03mg (1.72%), Magnesium: 6.54mg (1.64%), Vitamin B5: 0.16mg (1.56%), Vitamin B3: 0.3mg (1.49%), Manganese: 0.02mg (1.22%), Vitamin B12: 0.06µg (1.04%), Zinc: 0.15mg (1.02%)