



Coconut Pavlova With Chocolate Mousse and Bananas

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



297 kcal

DESSERT

Ingredients

- ☐ 2 banana cut into 1/4-inch-thick rounds
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 tablespoon rum dark
- ☐ 6 large egg whites
- ☐ 2 large eggs separated
- ☐ 0.3 teaspoon salt

- ☐ 0.7 cup semi chocolate chips
- ☐ 4 tablespoons sugar
- ☐ 2 cups coconut sweetened flaked
- ☐ 2 tablespoons butter unsalted cut into small pieces, room temperature ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 0.8 cup whipping cream chilled

Equipment

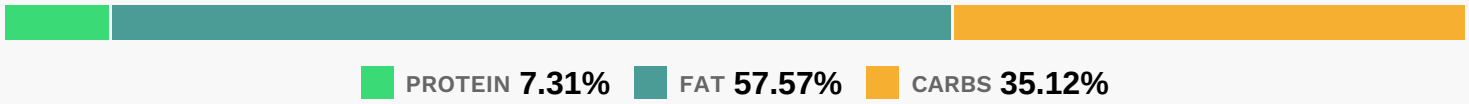
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Spread 1 1/2 cups coconut on large baking sheet. Toast until golden, stirring twice, about 15 minutes. Cool. Maintain oven temperature.
- ☐ Line another large baking sheet with foil. Using electric mixer, beat egg whites and next 4 ingredients in large bowl until foamy. Gradually add sugar and beat until stiff peaks form. Beat in 1/4 cup boiling water, 1 tablespoon at a time, beating until whites are stiff and glossy. Fold in 1 cup toasted coconut. Spoon meringue onto center of prepared baking sheet and spread to 9-inch-diameter circle with slightly raised edges.
- ☐ Sprinkle with remaining 1/2 cup untoasted coconut.
- ☐ Bake meringue 10 minutes. Reduce oven temperature to 200°F and bake until dry and crisp outside and just cooked through inside, about 1 hour. Turn off oven.

- ☐ Let meringue stand in oven 1 hour.
- ☐ Remove from oven and cool completely.
- ☐ Whisk egg yolks, 2 tablespoons sugar, butter, 2 tablespoons water, and rum in medium metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk until thermometer inserted into mixture registers 160°F, about 6 minutes.
- ☐ Add chocolate and whisk until melted and smooth. Turn off heat; leave bowl over water.
- ☐ Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually add 2 tablespoons sugar and beat until stiff peaks form. Fold 1/3 of egg whites into chocolate mixture to lighten. Fold in remaining whites.
- ☐ Remove from over water and let mousse cool 20 minutes.
- ☐ Beat whipping cream in large bowl until peaks form.
- ☐ Place meringue on platter.
- ☐ Spread mousse over center of meringue; top with sliced bananas.
- ☐ Spread whipped cream over bananas and chill at least 20 minutes and up to 3 hours.
- ☐ Sprinkle with remaining toasted coconut.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:5.96, Inflammation Score:-4, Nutrition Score:6.59521732123%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 297.14kcal (14.86%), Fat: 19.15g (29.46%), Saturated Fat: 13.02g (81.34%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.03g (8.37%), Sugar: 19.06g (21.18%), Cholesterol: 64.11mg (21.37%), Sodium: 160.5mg (6.98%), Alcohol: 0.57g (100%), Alcohol %: 0.64% (100%), Caffeine: 10.32mg (3.44%), Protein: 5.47g (10.95%),

Manganese: 0.39mg (19.67%), Selenium: 11.61µg (16.59%), Fiber: 3.26g (13.04%), Copper: 0.23mg (11.7%), Vitamin B2: 0.19mg (11.41%), Magnesium: 40.94mg (10.23%), Phosphorus: 87.34mg (8.73%), Vitamin A: 407.47IU (8.15%), Potassium: 278.41mg (7.95%), Iron: 1.29mg (7.18%), Vitamin B6: 0.12mg (6.01%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.38mg (3.78%), Vitamin D: 0.53µg (3.52%), Calcium: 30.17mg (3.02%), Folate: 11.52µg (2.88%), Vitamin E: 0.43mg (2.86%), Vitamin B12: 0.16µg (2.7%), Vitamin C: 2.16mg (2.62%), Vitamin B3: 0.42mg (2.09%), Vitamin K: 1.78µg (1.69%), Vitamin B1: 0.02mg (1.49%)