



Coconut Pavlova with Pudding and Caramel Sauce



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



418 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 tsp coconut extract
- ☐ 3 large egg whites room temperature (reserve the yolks)
- ☐ 3 egg yolk
- ☐ 0.3 cup coconut milk
- ☐ 0.5 cup granulated sugar white
- ☐ 1 cup granulated sugar white fine

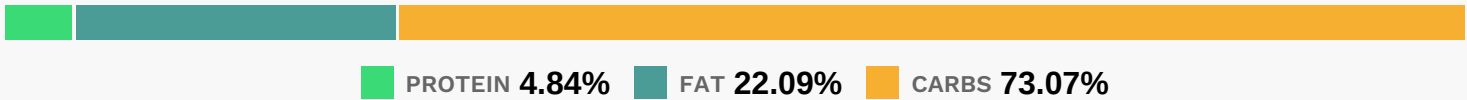
- ☐ 1 tbsp potato flour (or cornstarch – if avoiding kitniyot, use potato)
- ☐ 1 pinch salt
- ☐ 1 cup coconut shredded sweetened
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tsp vanilla extract
- ☐ 2 tbsp water
- ☐ 1 tsp vinegar white

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Coconut Pavlova with Pudding and Caramel Sauce
- ☐ Pavlova Ingredients1 cup sweetened shredded coconut1 cup fine granulated white sugar1 tbsp potato starch (or cornstarch – if avoiding kitniyot, use potato)3 large egg whites, room temperature (reserve the yolks)Pinch of salt1 tsp white vinegar1/2 tsp vanilla or coconut extract
- ☐ Cocoa Pudding Ingredients3 egg yolks1 cup granulated white sugar1/2 cup unsweetened cocoa powder1/3 cup full fat coconut milk1/4 cup water
- ☐ Caramel Sauce Ingredients1/2 cup granulated white sugar1/2 cup brown sugar2 tbsp water1 tsp vanilla extract1/4 cup full fat coconut milk
- ☐ Servings: 1 8–inch pavlova
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:47.86, Glycemic Load:35.16, Inflammation Score:-3, Nutrition Score:7.8678261495155%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 417.88kcal (20.89%), Fat: 10.89g (16.76%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 81.04g (27.01%), Net Carbohydrates: 77.64g (28.23%), Sugar: 74.64g (82.93%), Cholesterol: 97.2mg (32.4%), Sodium: 86.93mg (3.78%), Alcohol: 0.38g (100%), Alcohol %: 0.36% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.37g (10.74%), Manganese: 0.75mg (37.31%), Copper: 0.37mg (18.33%), Selenium: 12.41µg (17.73%), Fiber: 3.41g (13.62%), Magnesium: 52.57mg (13.14%), Phosphorus: 118.34mg (11.83%), Iron: 2.03mg (11.27%), Vitamin B2: 0.15mg (8.91%), Potassium: 257.3mg (7.35%), Zinc: 1.05mg (6.97%), Vitamin B6: 0.1mg (5.11%), Folate: 19.13µg (4.78%), Vitamin B5: 0.47mg (4.72%), Calcium: 42.79mg (4.28%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.19µg (3.17%), Vitamin A: 129.78IU (2.6%), Vitamin B1: 0.03mg (2.13%), Vitamin E: 0.3mg (2.01%), Vitamin B3: 0.38mg (1.89%)