



Coconut Pavlovas with Tropical Fruits and Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.3 teaspoon cream of tartar
- 3 egg whites at room temperature ()
- 0.1 teaspoon ground cinnamon
- 1.5 cups whipped cream low-fat
- 1 cup mangos cubed peeled
- 1 cup orange sections

- 2 cups pineapple fresh cubed (1-inch)
- 2 tablespoons rum white
- 0.7 cup sugar
- 2 tablespoons sugar
- 0.3 cup cherries dried sweet
- 0.5 cup coconut or sweetened flaked toasted

Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender

Directions

- Preheat oven to 25
- Combine first 7 ingredients in a bowl; stir well, and set aside.
- Place parchment paper over a large baking sheet. Draw 6 (4-inch) circles on parchment paper. Turn parchment paper over, and secure with masking tape.
- Beat egg whites and cream of tartar at high speed of a mixer until foamy.
- Add extract; beat well. Gradually add 2/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold coconut into egg white mixture.
- Divide egg white mixture evenly among the 6 drawn circles. Using the back of spoon, shape meringues into nests with 1-inch sides.
- Bake at 250 for 1 hour or until dry. Turn oven off, and let meringue nests cool in closed oven at least 4 hours. Carefully remove meringue nests from paper.
- Spoon 1/4 cup ice cream into each meringue nest, and top with about 2/3 cup fruit mixture.
- Garnish with mint sprigs, if desired.

Nutrition Facts



■ PROTEIN 6.58% ■ FAT 12.36% ■ CARBS 81.06%

Properties

Glycemic Index:58.18, Glycemic Load:29.18, Inflammation Score:-7, Nutrition Score:9.7678260855053%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 301.43kcal (15.07%), Fat: 4.14g (6.36%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 61.02g (20.34%), Net Carbohydrates: 57.62g (20.95%), Sugar: 52.78g (58.64%), Cholesterol: 10.26mg (3.42%), Sodium: 75.51mg (3.28%), Alcohol: 1.73g (100%), Alcohol %: 1.04% (100%), Protein: 4.95g (9.91%), Vitamin C: 52.72mg (63.9%), Manganese: 0.62mg (30.8%), Vitamin A: 806.37IU (16.13%), Fiber: 3.4g (13.61%), Vitamin B2: 0.21mg (12.31%), Calcium: 91.95mg (9.2%), Potassium: 311.19mg (8.89%), Folate: 33.82µg (8.46%), Selenium: 5.43µg (7.76%), Copper: 0.14mg (6.94%), Vitamin B1: 0.1mg (6.63%), Vitamin B6: 0.13mg (6.62%), Phosphorus: 61.17mg (6.12%), Magnesium: 22.98mg (5.74%), Vitamin B5: 0.47mg (4.68%), Vitamin B3: 0.66mg (3.31%), Vitamin B12: 0.19µg (3.2%), Iron: 0.56mg (3.1%), Zinc: 0.45mg (3%), Vitamin E: 0.36mg (2.39%), Vitamin K: 1.71µg (1.62%)