



Coconut Pavlovas with Tropical Fruits and Ice Cream

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.3 teaspoon cream of tartar
- 3 egg whites
- 0.1 teaspoon ground cinnamon
- 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 with a mixer at high speed 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. Shape meringues into nests with 1-inch sides using the back of a spoon.
- Bake at 250 for 1 hour or until dry. Turn oven off; cool meringue nests in closed oven at least 4 hours. Carefully remove meringue nests from paper.
- Spoon 1/4 cup ice cream, if desired, into each meringue nest, and top with about 2/3 cup fruit mixture.
- Garnish with mint sprigs, if desired.

Nutrition Facts



■ PROTEIN 5.4% ■ FAT 8.9% ■ CARBS 85.7%

Properties

Glycemic Index:52.18, Glycemic Load:25.19, Inflammation Score:-6, Nutrition Score:8.2008694611166%

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: 233.03kcal (11.65%), Fat: 2.3g (3.54%), Saturated Fat: 1.9g (11.91%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 46.52g (16.92%), Sugar: 44.38g (49.31%), Cholesterol: 0mg (0%), Sodium: 47.39mg (2.06%), Alcohol: 1.73g (100%), Alcohol %: 1.27% (100%), Protein: 3.14g (6.28%), Vitamin C: 52.26mg (63.35%), Manganese: 0.61mg (30.71%), Fiber: 3.29g (13.15%), Vitamin A: 636.13IU (12.72%), Folate: 31.54µg (7.89%), Selenium: 4.67µg (6.67%), Potassium: 232.15mg (6.63%), Vitamin B2: 0.11mg (6.61%), Copper: 0.13mg (6.61%), Vitamin B6: 0.12mg (5.77%), Vitamin B1: 0.08mg (5.28%), Magnesium: 17.66mg (4.41%), Calcium: 30.77mg (3.08%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.28mg (2.85%), Iron: 0.49mg (2.69%), Phosphorus: 22.03mg (2.2%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.55µg (1.48%), Zinc: 0.17mg (1.15%)