



Creamy Vanilla-Raspberry Pavlova

 Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



118 kcal

DESSERT

Ingredients

- 0.3 tsp cream of tartar
- 4 egg whites
- 1.5 cups milk fat-free cold
- 1 cup granulated sugar
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 2 Tbsp powdered sugar
- 2 cups raspberries fresh
- 1 cup cool whip whipped topping sugar free thawed

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender

Directions

- Heat oven to 200F.
- Beat egg whites and cream of tartar in medium bowl with mixer on high speed 5 min. or until soft peaks form.
- Add granulated sugar, 1 Tbsp. at a time, beating until stiff peaks form.
- Spread into 10-inch circle on parchment-covered baking sheet, indenting center slightly.
- Bake 1-1/2 hours. Cool completely.
- Meanwhile, beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP. Refrigerate 15 min.
- Place meringue on plate just before serving; fill center with pudding mixture. Top with berries; sprinkle with powdered sugar.

Nutrition Facts



PROTEIN 8.43% **FAT 7.76%** **CARBS 83.81%**

Properties

Glycemic Index:10.78, Glycemic Load:12.41, Inflammation Score:-1, Nutrition Score:2.8234782607659%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg,

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 118.48kcal (5.92%), Fat: 1.05g (1.62%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.29g (8.83%), Sugar: 23.79g (26.43%), Cholesterol: 1.04mg (0.35%), Sodium: 49.08mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Manganese: 0.14mg (6.85%), Vitamin C: 5.24mg (6.35%), Vitamin B2: 0.1mg (5.94%), Fiber: 1.31g (5.26%), Calcium: 50.87mg (5.09%), Phosphorus: 44.74mg (4.47%), Selenium: 2.93µg (4.19%), Vitamin B12: 0.2µg (3.32%), Potassium: 115.1mg (3.29%), Magnesium: 9.61mg (2.4%), Vitamin D: 0.34µg (2.25%), Vitamin B5: 0.19mg (1.94%), Vitamin B1: 0.03mg (1.68%), Vitamin K: 1.76µg (1.68%), Zinc: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.53%), Vitamin A: 73.7IU (1.47%), Vitamin E: 0.21mg (1.37%), Folate: 5.4µg (1.35%), Copper: 0.02mg (1.17%)