



Exotic Fruit Pavlova

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

DESSERT

Ingredients

- 3 egg whites
- 2 tablespoons granulated sugar
- 6 tablespoons granulated sugar
- 1 mangos peeled thinly sliced
- 2 mangoes ripe cubed peeled
- 0.5 cup orange juice
- 2 tablespoons passion fruit juice
- 0.5 cup pineapple juice divided

- 5 tablespoons powdered sugar divided sifted
- 1 vanilla pod split

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- spatula

Directions

- Granita: Scrape vanilla bean seeds into bowl.
- Add sugar; mash with fork.
- In a small saucepan, warm 1/4 cup pineapple juice and sugar mixture until sugar is melted. Cool.
- Combine mixture with remaining juices; freeze overnight in shallow pan.
- Remove from freezer 510 minutes before serving. Rake with fork to serve.
- Meringues: In a medium bowl, whip egg whites, gradually adding 6 tablespoons sugar; beat until stiff peaks form. Fold in 3 tablespoons powdered sugar with spatula.
- On a parchment-lined baking sheet, spoon meringue into 6 mounds; sprinkle with remaining powdered sugar.
- Bake at 250 until crust forms but center is soft, about 25 minutes.
- Cool, transfer to an airtight container, and place in the freezer until ready to use, up to 3 weeks.
- Combine the passion fruit juice and cubed mango with sugar (if needed) in a blender; add water if mixture is too thick.
- Place a pool of sauce onto each of 6 dessert plates.

Place meringue on top of sauce. Drape mango slices on the plate, and add a small scoop of granita.

Serve immediately.

Nutrition Facts

PROTEIN 5.66% **FAT 3.11%** **CARBS 91.23%**

Properties

Glycemic Index:56.95, Glycemic Load:20.59, Inflammation Score:-7, Nutrition Score:8.0191303796094%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 181.63kcal (9.08%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 42.04g (15.29%), Sugar: 41.13g (45.7%), Cholesterol: 0mg (0%), Sodium: 27.12mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin C: 51.44mg (62.35%), Vitamin A: 1197.53IU (23.95%), Folate: 55.19µg (13.8%), Manganese: 0.17mg (8.49%), Potassium: 279.39mg (7.98%), Vitamin B6: 0.15mg (7.72%), Vitamin B2: 0.13mg (7.43%), Copper: 0.15mg (7.26%), Fiber: 1.75g (6.99%), Vitamin E: 0.94mg (6.29%), Selenium: 3.8µg (5.43%), Vitamin B3: 0.9mg (4.51%), Magnesium: 17.47mg (4.37%), Vitamin K: 4.45µg (4.23%), Vitamin B1: 0.06mg (3.97%), Vitamin B5: 0.28mg (2.83%), Phosphorus: 22.47mg (2.25%), Calcium: 17.69mg (1.77%), Iron: 0.3mg (1.69%)