



Fresh Strawberry Pavlova

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



1

CALORIES



2515 kcal

DESSERT

Ingredients

- 3 tablespoons confectioners' sugar
- 2 teaspoons cornstarch
- 3 egg whites room temperature
- 2 cups heavy cream
- 1 pint strawberries whole
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 0.8 teaspoon vinegar white

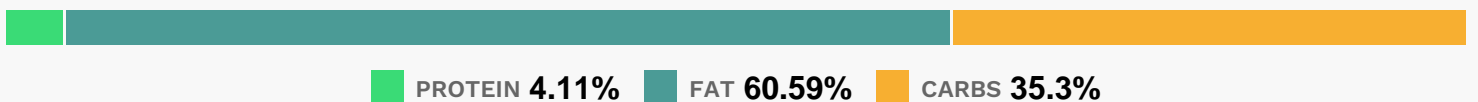
Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- Line a baking sheet with a silicone baking mat or parchment paper.
- Whisk sugar and cornstarch in a bowl. Set aside.
- Beat egg whites in a bowl until they are foamy and have a thick, ribbony texture, 2 to 3 minutes.
- Pour 1/4 of the sugar mixture into the egg whites; whisk until completely incorporated, about 30 seconds. Repeat for the rest of the sugar mixture, whisking after each addition, until all of the sugar mixture is incorporated and the egg whites are glossy and thick.
- Pour vanilla and vinegar into egg white mixture; whisk until you can lift your beater or whisk straight up and the egg whites form a sharp peak that holds its shape, 2 to 3 minutes.
- Spoon egg white mixture onto prepared baking sheet; spread out into a 2-inch high by 6-inch wide disc.
- Bake in the preheated oven for 1 hour.
- Turn off the oven, crack open the oven door and let the Pavlova cool for one hour.
- Whip cream, sugar, and vanilla extract in a bowl until soft peaks form, 3 to 4 minutes.
- Transfer Pavlova to a serving plate. Top with whipped cream and fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:160.09, Glycemic Load:115.47, Inflammation Score:-10, Nutrition Score:38.246521576591%

Flavonoids

Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 2514.91kcal (125.75%), Fat: 173.89g (267.53%), Saturated Fat: 109.55g (684.7%), Carbohydrates: 228.03g (76.01%), Net Carbohydrates: 218.53g (79.46%), Sugar: 211.36g (234.84%), Cholesterol: 537.88mg (179.29%), Sodium: 285.43mg (12.41%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Protein: 26.51g (53.02%), Vitamin C: 281.08mg (340.71%), Vitamin A: 7053.98IU (141.08%), Manganese: 1.86mg (93.07%), Vitamin B2: 1.43mg (84.17%), Vitamin D: 7.62µg (50.77%), Selenium: 35.35µg (50.5%), Phosphorus: 404.05mg (40.41%), Calcium: 398.65mg (39.87%), Vitamin E: 5.75mg (38.34%), Potassium: 1332.45mg (38.07%), Fiber: 9.5g (38%), Folate: 136.2µg (34.05%), Magnesium: 105.37mg (26.34%), Vitamin K: 25.64µg (24.42%), Vitamin B5: 1.98mg (19.78%), Vitamin B6: 0.39mg (19.73%), Copper: 0.32mg (15.87%), Iron: 2.6mg (14.46%), Vitamin B1: 0.21mg (14.19%), Vitamin B12: 0.84µg (14.04%), Zinc: 1.86mg (12.38%), Vitamin B3: 2.24mg (11.21%)