



Gingered-Peach Pavlovas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 0.5 cup blackberries fresh generous () (half of 6-ounce basket)
- ☐ 2 teaspoons cornstarch
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites room temperature
- ☐ 1 piece ginger fresh peeled thinly sliced
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 large peaches firm pitted ripe peeled halved

- ☐ 0.5 cup raspberries fresh generous () (half of 6-ounce basket)
- ☐ 1.5 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 cups water

Equipment

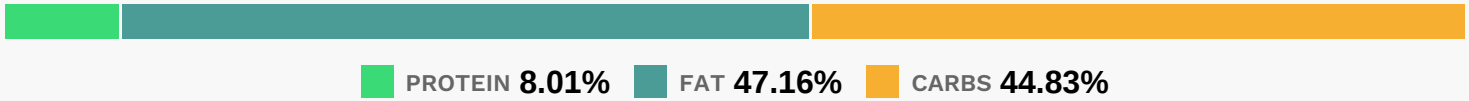
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Position rack in center of oven and preheat to 250°F. Line baking sheet with parchment paper.
- ☐ Whisk 1 1/2 tablespoons sugar and cornstarch in small bowl to blend; set aside.
- ☐ Using electric mixer, beat egg whites and cream of tartar in large bowl until soft peaks form. Beat in vanilla. Gradually beat in remaining 6 1/2 tablespoons sugar, 1 tablespoon at a time; continue to beat until stiff peaks form. Sift cornstarch mixture over meringue and gently fold in with rubber spatula just until incorporated.
- ☐ Spoon meringue onto prepared baking sheet in 6 mounds (about 1/4 cup each), spacing apart. Using back of spoon, make indentation in center of each mound, forming each meringue into 3-inch-diameter nest.
- ☐ Bake meringues until crisp and barely golden on outside but still soft on inside, about 55 minutes. Using metal spatula, transfer meringues to rack and cool completely. DO AHEAD: Can be made 1 day ahead. Store in single layer in airtight container at room temperature.
- ☐ Combine 2 cups water, 1 1/4 cups sugar, fresh lemon juice, and sliced ginger in large saucepan. Bring to boil, stirring until sugar dissolves. Reduce heat to medium and simmer 5 minutes.
- ☐ Add peeled peach halves to syrup in saucepan; remove from heat. Allow peaches to cool to room temperature in syrup, turning occasionally.

- ☐
- Transfer peaches with syrupo medium bowl; cover and chill until cold. DO AHEAD: Peaches can be made 1 day ahead. Keep refrigerated.
- ☐
- Remove peaches from syrup and cuteach half into 6 wedges; reserve syrup.
- ☐
- Place all berriesin small bowl; add 4 tablespoons peachsyrup and toss to coat.
- ☐
- Using electric mixer, beat cream and1 1/2 tablespoons sugar in medium bowl untilsoft peaks form.
- ☐
- Place 1 meringue on each of 6 plates.Spoon whipped cream into center of eachmeringue, then top each with 6 peachwedges and berry mixture.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:5.42, Inflammation Score:-5, Nutrition Score:5.2000000243602%

Flavonoids

Cyanidin: 18.25mg, Cyanidin: 18.25mg, Cyanidin: 18.25mg, Cyanidin: 18.25mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 8.88mg, Catechin: 8.88mg, Catechin: 8.88mg, Catechin: 8.88mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 137.58kcal (6.88%), Fat: 7.58g (11.65%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13.55g (4.93%), Sugar: 12.25g (13.61%), Cholesterol: 22.41mg (7.47%), Sodium: 39.52mg (1.72%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 2.89g (5.79%), Vitamin C: 11.81mg (14.31%), Vitamin A: 606.23IU (12.12%), Fiber: 2.65g (10.6%), Manganese: 0.2mg (10.19%), Vitamin B2: 0.12mg (7.17%), Vitamin E: 1.06mg (7.09%), Selenium: 4.75µg (6.79%), Vitamin K: 6.42µg (6.11%), Copper: 0.12mg (5.95%), Potassium: 201.27mg (5.75%), Vitamin B3: 0.88mg (4.42%), Magnesium: 15.98mg (3.99%), Phosphorus: 39.04mg (3.9%), Folate: 13.21µg

(3.3%), Vitamin B5: 0.28mg (2.84%), Iron: 0.49mg (2.72%), Calcium: 26.41mg (2.64%), Zinc: 0.37mg (2.5%), Vitamin B1: 0.03mg (2.21%), Vitamin B6: 0.04mg (2.19%), Vitamin D: 0.32µg (2.12%)