



Mango & passion fruit pavlova roulade



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tsp cornflour
- ☐ 2 tsp hot-brewed coffee instant
- ☐ 2 tsp cider vinegar
- ☐ 5 egg whites
- ☐ 200 g golden caster sugar
- ☐ 1 small handful pistachios sliced
- ☐ 1 small mangos
- ☐ 250 g carton mascarpone

- ☐ 148 ml carton double cream
- ☐ 1 passion fruit rum
- ☐ 8 servings icing sugar for sifting

Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Heat oven to 140C/fan 120C/gas
- ☐ Line a 33cm x 23cm Swiss roll tin with baking parchment. For the meringue, mix together the cornflour, coffee and vinegar, and set aside.
- ☐ Whisk the egg whites to stiff peaks, then gradually beat in the sugar, a spoonful at a time, until quite thick.
- ☐ Whisk in the coffee mix.
- ☐ Spoon the meringue onto the paper and gently spread, giving the top a few swirls. Scatter over the pistachios.
- ☐ Bake for 35–40 mins until it feels crisp.
- ☐ Meanwhile, make the filling. Slice the mango either side of the stone, peel, then finely chop the flesh. Beat the mascarpone, then stir in the mango. Whip the cream until thick and fold into the mango mix. Halve the passion fruit, scoop out the inside and set aside.
- ☐ When the meringue is cooked, leave in the tin for 10 mins, then lift out and put on a cooling rack, paper-side down. Dust a sheet of baking parchment with icing sugar and, when the meringue is cold, tip it on, paper side up. Peel off the lining paper and spread the cream over.
- ☐ Drizzle over the passion fruit and roll up using the paper as a guide. Open-freeze (see 'Try' below) on a board, wrap in foil and freeze for up to 1 month.
- ☐ To serve, unwrap and thaw in the fridge for about 1 hr. Sift with icing sugar and serve in slices.

Nutrition Facts



 PROTEIN **5.66%**  FAT **50.64%**  CARBS **43.7%**

Properties

Glycemic Index:12.47, Glycemic Load:2.21, Inflammation Score:-6, Nutrition Score:4.5843478389408%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 369.33kcal (18.47%), Fat: 21.04g (32.37%), Saturated Fat: 13.07g (81.67%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 39.31g (14.3%), Sugar: 37.49g (41.66%), Cholesterol: 52.28mg (17.43%), Sodium: 63.97mg (2.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 5.29g (10.59%), Vitamin A: 1126.71IU (22.53%), Vitamin C: 12.73mg (15.43%), Vitamin B2: 0.14mg (8.4%), Calcium: 82.87mg (8.29%), Selenium: 4.93µg (7.04%), Fiber: 1.54g (6.15%), Potassium: 172.73mg (4.94%), Folate: 14.42µg (3.61%), Magnesium: 12.32mg (3.08%), Vitamin B6: 0.06mg (3.07%), Copper: 0.06mg (2.94%), Vitamin E: 0.41mg (2.73%), Phosphorus: 26.99mg (2.7%), Iron: 0.45mg (2.51%), Vitamin B3: 0.46mg (2.32%), Manganese: 0.04mg (2.07%), Vitamin D: 0.3µg (1.99%), Vitamin K: 1.76µg (1.68%), Vitamin B5: 0.17mg (1.68%)