



Mini-Pavlovas



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup egg whites
- ☐ 4 cups fruit mixed fresh such as strawberries, kiwi fruit, raspberries, mango, papaya, or melon
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup orange juice fresh to taste
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon vinegar white

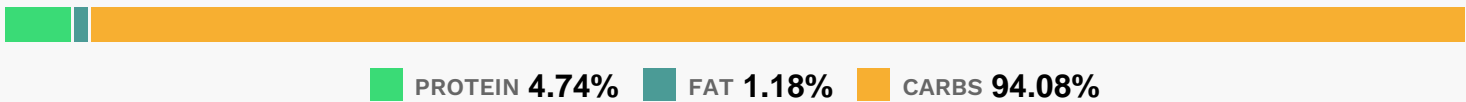
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Line baking sheets with cooking parchment or buttered and floured foil. Draw six 3-inch-diameter circles on the parchment at least 3 inches apart.
- ☐ Mix 1/3 cup sugar with the cornstarch; set aside.
- ☐ With an electric mixer, beat egg whites and cream of tartar on high speed until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time, beating well after each addition. Then gradually beat in cornstarch-sugar mixture until whites are stiff and glossy. Beat in vinegar and vanilla until blended. Mound mixture evenly on circles. With the back of a large spoon, make a bowl-like indentation in the center of each mound.
- ☐ Bake in a 300 oven until golden and dry to touch, 50 to 60 minutes. Cool completely on pan. If making ahead, store airtight up to 1 day. With a wide spatula, carefully transfer each meringue to a plate.
- ☐ Mix fruit with liqueur; spoon mixture into the cavity of each meringue.
- ☐ Add whipped cream to taste.
- ☐ Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:24.37, Inflammation Score:-4, Nutrition Score:4.2886956306579%

Flavonoids

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 250.78kcal (12.54%), Fat: 0.34g (0.53%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 61.24g (20.41%), Net Carbohydrates: 58.65g (21.33%), Sugar: 53.01g (58.9%), Cholesterol: 0mg (0%), Sodium: 42.44mg (1.85%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 3.09g (6.17%), Vitamin C: 13.81mg (16.74%), Vitamin A: 518.49IU (10.37%), Fiber: 2.59g (10.37%), Vitamin B2: 0.14mg (8.23%), Vitamin K: 7.29µg (6.94%), Copper: 0.14mg (6.83%), Potassium: 237.34mg (6.78%), Selenium: 4.35µg (6.21%), Vitamin B3: 0.73mg (3.63%), Iron: 0.58mg (3.23%), Magnesium: 12.57mg (3.14%), Manganese: 0.05mg (2.64%), Phosphorus: 25.94mg (2.59%), Vitamin B1: 0.04mg (2.56%), Folate: 10.17µg (2.54%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.14mg (1.43%), Calcium: 12.11mg (1.21%), Zinc: 0.16mg (1.1%)