



Miniature Pavlovas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 2 cups fruit fresh (kiwifruit, blueberries, strawberries, raspberries, blackberries, mandarin oranges)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup caster sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream

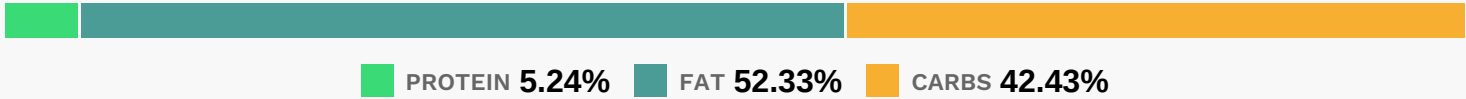
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 4 ingredients at high speed with an electric mixer until foamy.
- ☐ Add sugar, 1 tablespoon at a time, beating until stiff peaks form and sugar dissolves.
- ☐ Drop mixture by rounded tablespoonfuls onto parchment-lined baking sheets.
- ☐ Spread into 2-inch circles, shaping with back of a spoon to make shallow bowls.
- ☐ Bake at 225 for 1 hour or until dry on outside; turn oven off.
- ☐ Let stand in closed oven 1 hour.
- ☐ Spoon whipped cream evenly into meringues; top with fruit.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:4.92, Inflammation Score:-3, Nutrition Score:1.5813043519207%

Flavonoids

Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg

Nutrients (% of daily need)

Calories: 81.18kcal (4.06%), Fat: 4.87g (7.49%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.49g (3.09%), Sugar: 8.29g (9.21%), Cholesterol: 14.94mg (4.98%), Sodium: 28.55mg (1.24%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Protein: 1.1g (2.19%), Vitamin C: 5.86mg (7.11%), Vitamin A: 341.92IU (6.84%), Vitamin B2: 0.06mg (3.29%), Selenium: 1.45µg (2.07%), Potassium: 64mg (1.83%), Calcium: 17.19mg (1.72%), Fiber: 0.39g (1.56%), Vitamin D: 0.21µg (1.41%), Phosphorus: 12.77mg (1.28%), Vitamin E: 0.17mg (1.1%), Vitamin B6: 0.02mg (1.09%), Folate: 4.2µg (1.05%), Magnesium: 4.1mg (1.03%), Vitamin B1: 0.02mg (1.03%)