



Mixed Berry Pavlova

 Vegetarian  Gluten Free

READY IN



157 min.

SERVINGS



6

CALORIES



572 kcal

DESSERT

Ingredients

- 0.5 pint blueberries fresh
- 2 teaspoons cornstarch
- 4 extra large egg whites at room temperature
- 1 tablespoon framboise liqueur
- 1 cup heavy cream cold
- 1 pinch kosher salt
- 0.5 pint raspberries fresh
- 1 half-pint raspberries fresh

- 1 cup raspberry jam seedless (12-ounce jar)
- 0.5 pint strawberries fresh hulled sliced
- 0.5 cup sugar
- 1 cup sugar
- 1 tablespoon sugar
- 0.5 teaspoon vanilla extract pure
- 1 teaspoon vanilla extract pure
- 1 teaspoon citrus champagne vinegar

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- blender
- hand mixer
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 180 degrees F.
- Place a sheet of parchment paper on a sheet pan. Draw a 9-inch circle on the paper, using a 9-inch plate as a guide, then turn the paper over so the circle is on the reverse side. (This way you won't get a pencil mark on the meringue.)
- Place the egg whites and salt in the bowl of an electric mixer fitted with a whisk attachment. Beat the egg whites on high speed until firm, about 1 minute. With the mixer still on high, slowly add the sugar and beat until it makes firm, shiny peaks, about 2 minutes.
- Remove the bowl from the mixer, sift the cornstarch onto the beaten egg whites, add the vinegar and vanilla, and fold in lightly with a rubber spatula. Pile the meringue into the middle

of the circle on the parchment paper and smooth it within the circle, making a rough disk.

- Bake for 1 1/2 hours. Turn off the oven, keep the door closed, and allow the meringue to cool completely in the oven, about 1 hour. It will be crisp on the outside and soft on the inside.
- Invert the meringue disk onto a plate and spread the top completely with sweetened whipped cream.
- Combine the strawberries, blueberries and raspberries in a bowl and toss with about 1/2 cup of raspberry sauce, or enough to coat the berries lightly. Spoon the berries carefully into the middle of the Pavlova, leaving a border of cream and meringue.
- Serve immediately in large scoops with extra raspberry sauce.
- Whip the cream in the bowl of an electric mixer fitted with a whisk attachment (you can also use a hand mixer). When it starts to thicken, add the sugar and vanilla and continue to beat until firm. Don't overbeat!

Nutrition Facts

  
 **PROTEIN 3.13%**  **FAT 23.32%**  **CARBS 73.55%**

Properties

Glycemic Index:61.88, Glycemic Load:60.79, Inflammation Score:-6, Nutrition Score:9.8334781657095%

Flavonoids

Cyanidin: 22.05mg, Cyanidin: 22.05mg, Cyanidin: 22.05mg, Cyanidin: 22.05mg Petunidin: 12.6mg, Petunidin: 12.6mg, Petunidin: 12.6mg, Petunidin: 12.6mg Delphinidin: 14.61mg, Delphinidin: 14.61mg, Delphinidin: 14.61mg, Delphinidin: 14.61mg Malvidin: 26.71mg, Malvidin: 26.71mg, Malvidin: 26.71mg, Malvidin: 26.71mg Pelargonidin: 10.19mg, Pelargonidin: 10.19mg, Pelargonidin: 10.19mg, Pelargonidin: 10.19mg Peonidin: 8.07mg, Peonidin: 8.07mg, Peonidin: 8.07mg, Peonidin: 8.07mg Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 572.09kcal (28.6%), Fat: 15.09g (23.22%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 107.1g (35.7%), Net Carbohydrates: 102.17g (37.15%), Sugar: 89.22g (99.13%), Cholesterol: 44.88mg (14.96%), Sodium: 70.72mg (3.07%), Alcohol: 0.99g (100%), Alcohol %: 0.43% (100%), Protein: 4.56g (9.11%), Vitamin C: 42.57mg (51.6%), Manganese: 0.58mg (28.99%), Fiber: 4.93g (19.71%), Vitamin B2: 0.26mg (15.1%), Vitamin A: 622.73IU (12.45%), Vitamin K: 12.82µg (12.21%), Selenium: 6.94µg (9.92%), Potassium: 267.99mg (7.66%), Vitamin E: 1.12mg (7.44%), Copper: 0.15mg (7.42%), Folate: 28.74µg (7.18%), Phosphorus: 62.93mg (6.29%), Magnesium: 23.68mg (5.92%), Calcium: 58.35mg (5.83%), Iron: 0.91mg (5.07%), Vitamin B6: 0.09mg (4.36%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.38mg (3.79%), Vitamin B1: 0.05mg (3.65%), Vitamin B3: 0.63mg (3.14%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.08µg (1.36%)