



Mixed Berry Pavlovas



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



16

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 1 lb blackberries
- ☐ 1.5 tablespoons cornstarch
- ☐ 13 large egg whites
- ☐ 0.3 cup granulated sugar
- ☐ 2.5 cups granulated sugar
- ☐ 2.5 cups cup heavy whipping cream chilled
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon salt

- ☐ 2 teaspoons vanilla
- ☐ 1.5 tablespoons vinegar white
- ☐ 2 lb strawberries halved quartered

Equipment

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

Directions

- ☐ Preheat oven to 250°F and line 2 large baking sheets with parchment.
- ☐ Swirl whites in a metal bowl set over a saucepan of simmering water until barely warm to the touch. Beat whites with salt in a standing electric mixer until they hold soft peaks. Beat in 2 cups superfine sugar and continue beating until mixture holds stiff, glossy peaks (see cooks' note, below). Stir together remaining 1/2 cup superfine sugar and cornstarch. Beat into meringue, then beat in vinegar.
- ☐ Spoon 8 mounds of meringue (each about 2 inches high and approximately 1/2 cup) 1 inch apart on each lined baking sheet. Divide any remaining meringue among mounds.
- ☐ Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until crisp but still soft inside, 1 to 1 1/4 hours total. If meringues are still not crisp after 1 1/4 hours, turn off oven and cool in oven 1 hour.
- ☐ Transfer from parchment to racks to cool. (Meringues may stick if cooled completely on paper.)
- ☐ Just before serving, toss strawberries with lime juice and 1/4 cup granulated sugar and let stand, tossing occasionally until sugar is dissolved, 10 minutes.
- ☐ Add blackberries and toss to coat.
- ☐ Beat cream with vanilla and remaining 1 1/2 tablespoons granulated sugar with cleaned beaters. Tap meringues gently with back of a spoon to create indentations, then mound some whipped cream and berries onto each.

Nutrition Facts



PROTEIN 5.99% **FAT 39.28%** **CARBS 54.73%**

Properties

Glycemic Index:15.95, Glycemic Load:25.59, Inflammation Score:-6, Nutrition Score:7.7686955721482%

Flavonoids

Cyanidin: 29.29mg, Cyanidin: 29.29mg, Cyanidin: 29.29mg, Cyanidin: 29.29mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.22mg, Pelargonidin: 14.22mg, Pelargonidin: 14.22mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 12.27mg, Catechin: 12.27mg, Catechin: 12.27mg, Catechin: 12.27mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 308.33kcal (15.42%), Fat: 13.89g (21.37%), Saturated Fat: 8.57g (53.54%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 40.9g (14.87%), Sugar: 39.85g (44.28%), Cholesterol: 42.02mg (14.01%), Sodium: 92.28mg (4.01%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 4.77g (9.53%), Vitamin C: 40.36mg (48.92%), Manganese: 0.41mg (20.48%), Vitamin B2: 0.21mg (12.64%), Vitamin A: 615.53IU (12.31%), Fiber: 2.65g (10.62%), Selenium: 7.06µg (10.08%), Vitamin K: 8.07µg (7.68%), Potassium: 216.49mg (6.19%), Folate: 23.54µg (5.88%), Vitamin E: 0.84mg (5.63%), Magnesium: 18.92mg (4.73%), Phosphorus: 46.02mg (4.6%), Calcium: 44.63mg (4.46%), Copper: 0.09mg (4.41%), Vitamin D: 0.6µg (3.97%), Vitamin B5: 0.3mg (2.99%), Iron: 0.49mg (2.73%), Vitamin B6: 0.05mg (2.54%), Vitamin B3: 0.46mg (2.3%), Zinc: 0.33mg (2.23%), Vitamin B1: 0.03mg (1.9%), Vitamin B12: 0.08µg (1.39%)