



Mixed Fruit Pavlovas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cornstarch
- ☐ 3 egg whites
- ☐ 0.5 cup heavy cream
- ☐ 3 cups plums; berries assorted sliced
- ☐ 0.5 cup powdered sugar
- ☐ 0.8 cup sugar

Equipment

- ☐ bowl

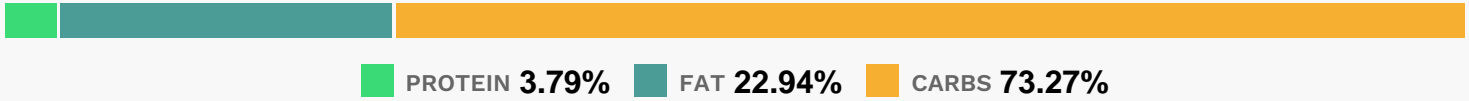
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ pastry bag
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 150°F. Line 2 large baking sheets with parchment paper. Using 3-inch-diameter bowl or ring mold as guide, trace 5 circles on each sheet. Turn paper over so markings are on bottom. In large metal bowl, whisk egg whites until frothy. Gradually whisk in sugar, then cornstarch. Attach candy thermometer to bowl and set over saucepan of simmering water. Continue whisking until thermometer registers 130°F.
- ☐ Remove bowl from heat and, using electric mixer, beat mixture at moderately high speed until mixture cools and holds stiff peaks, 5 to 7 minutes.
- ☐ Transfer to pastry bag fitted with large star tip.
- ☐ Starting at center and working in spiral outward, pipe meringue onto 1 traced circle. Pipe second layer in ring around edge to form outer wall. Fill remaining circles in same manner.
- ☐ Bake meringues until dry on outside but still soft inside, about 3 hours.
- ☐ Transfer pan to rack and cool 5 minutes. Peel meringues from parchment and cool completely on rack. (Meringues can be made ahead and stored in airtight container in dry, cool place up to 2 weeks or frozen in airtight container up to 3 months.)
- ☐ Using electric mixer, beat cream until stiff peaks form.
- ☐ In large bowl, whisk pastry cream until smooth.
- ☐ Whisk in 1/3 of whipped cream to lighten, then fold in remaining whipped cream.
- ☐ In small saucepan over moderate heat, bring apricot glaze to boil, stirring occasionally. Keep warm.

- ☐
- Transfer each meringue to serving plate and fill with 3 tablespoons pastry cream mixture. Mound fruit on top of cream.
- ☐
- Brush fruit with glaze. Spoon raspberry sauce alongside on plate, dust Pavlovas with powdered sugar, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:10.47, Inflammation Score:-3, Nutrition Score:1.9821739222692%

Nutrients (% of daily need)

Calories: 167.14kcal (8.36%), Fat: 4.43g (6.82%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 30.7g (11.16%), Sugar: 29.25g (32.5%), Cholesterol: 13.45mg (4.48%), Sodium: 21.99mg (0.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin A: 389.65IU (7.79%), Vitamin B2: 0.08mg (4.88%), Fiber: 1.14g (4.55%), Vitamin K: 3.65µg (3.48%), Selenium: 2.29µg (3.27%), Copper: 0.06mg (2.91%), Potassium: 89.68mg (2.56%), Vitamin C: 1.64mg (1.98%), Phosphorus: 16.8mg (1.68%), Vitamin B3: 0.3mg (1.48%), Iron: 0.25mg (1.39%), Magnesium: 5.38mg (1.35%), Vitamin D: 0.19µg (1.27%), Calcium: 12.25mg (1.23%), Manganese: 0.02mg (1.06%)