



Pavlova

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

Ingredients

- 4 cups poached berries fresh assorted
- 4 teaspoons cornstarch
- 5 large egg whites at room temperature ()
- 1.5 teaspoons grand marnier or orange-flavored (liqueur)
- 1.5 cups whipped cream light melted
- 2 tablespoons powdered sugar
- 0.3 teaspoon salt
- 1 cup sugar

- 0.5 teaspoon vanilla extract
- 0.5 teaspoon vinegar white

Equipment

- baking sheet
- baking paper
- oven
- blender

Directions

- Preheat oven to 27
- Cover a large baking sheet with parchment paper. Draw a 10-inch circle on parchment paper. Turn parchment paper over. Secure with masking tape; set aside.
- Beat egg whites at high speed of a mixer until foamy.
- Add salt, beating until stiff peaks form. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat).
- Sprinkle cornstarch over egg white mixture; beat at low speed until well-blended. Stir in vanilla and vinegar.
- Spoon egg white mixture onto drawn circle. Using the back of spoon, shape meringue into a "nest" with 2 1/2-inch sides.
- Bake at 275 for 2 hours or until dry. Turn oven off; let meringue cool in closed oven at least 12 hours. Carefully remove meringue from paper; set aside.
- Combine fruit and powdered sugar; let stand 5 minutes.
- Combine ice cream and liqueur. Spoon fruit mixture onto meringue, and drizzle sauce over top.

Nutrition Facts

 PROTEIN 7.22%  FAT 8.21%  CARBS 84.57%

Properties

Glycemic Index:19.51, Glycemic Load:20.45, Inflammation Score:-3, Nutrition Score:3.9513043191122%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 213.05kcal (10.65%), Fat: 1.99g (3.06%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 43.97g (15.99%), Sugar: 40.23g (44.7%), Cholesterol: 7.7mg (2.57%), Sodium: 129.26mg (5.62%), Alcohol: 0.33g (100%), Alcohol %: 0.27% (100%), Protein: 3.94g (7.88%), Vitamin K: 12.82µg (12.21%), Vitamin B2: 0.2mg (11.61%), Fiber: 2.19g (8.75%), Selenium: 4.97µg (7.1%), Manganese: 0.12mg (6.02%), Calcium: 53.92mg (5.39%), Phosphorus: 41.19mg (4.12%), Potassium: 135.99mg (3.89%), Vitamin A: 163.33IU (3.27%), Vitamin B6: 0.06mg (2.98%), Vitamin C: 2.28mg (2.76%), Vitamin B5: 0.27mg (2.73%), Vitamin B1: 0.04mg (2.72%), Vitamin E: 0.41mg (2.71%), Magnesium: 10.23mg (2.56%), Vitamin B12: 0.15µg (2.54%), Vitamin B3: 0.47mg (2.33%), Folate: 7.96µg (1.99%), Copper: 0.04mg (1.91%), Zinc: 0.27mg (1.82%), Iron: 0.23mg (1.28%)