



## Pavlova



Gluten Free



Dairy Free

READY IN



272 min.

SERVINGS



6

CALORIES



202 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 4 ounces pasteurized egg whites room temperature
- ☐ 6 ounces granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 4 passion fruit rum whole cut in half and fruit pulp scooped out
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup whipped cream
- ☐ 0.5 teaspoon vinegar white

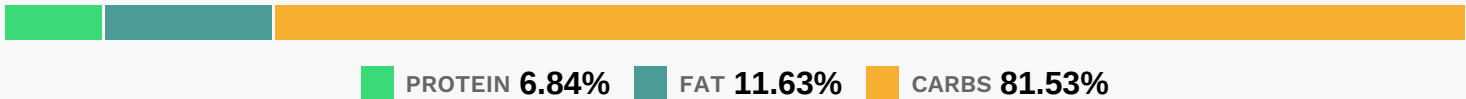
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer

# Directions

- ☐ Heat the oven to 250 degrees F. Line a half sheet pan with parchment paper. Use a 9-inch round plate and trace a circle in the middle of the parchment. Turn over the parchment.
- ☐ Place the egg whites and pinch of salt in the bowl of a stand mixer and, using the whisk attachment on high, whisk until stiff peaks form, 4 to 5 minutes. Reduce the speed to medium and slowly add the sugar over 2 minutes. Stop and scrape down the sides of the bowl. Increase the speed to high and whisk until the mixture is smooth and glossy and stiff peaks form, 6 to 7 minutes. Decrease the speed to low and add the vanilla, vinegar, and cornstarch.
- ☐ Mix just to combine.
- ☐ Gently spoon the meringue onto the parchment and spread to fit the shape of the circle, forming a slight well in the center.
- ☐ Place the meringue into the oven and bake for 45 minutes.
- ☐ Turn off the heat and leave in the oven for 3 hours, or until the meringue is crisp and dry on the outside. Open the oven door and cool completely before removing from the oven, approximately 30 minutes.
- ☐ Just before serving, combine the whipped cream and the passion fruit pulp and spread in the center of the meringue.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:34.18, Glycemic Load:22.69, Inflammation Score:-6, Nutrition Score:5.0795652510031%

Nutrients (% of daily need)

Calories: 201.95kcal (10.1%), Fat: 2.74g (4.22%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 37.33g (13.58%), Sugar: 35.62g (39.57%), Cholesterol: 7.6mg (2.53%), Sodium: 54.85mg (2.38%), Alcohol: 0.1g (100%), Alcohol %: 0.13% (100%), Protein: 3.63g (7.26%), Fiber: 5.9g (23.59%), Vitamin C: 17mg (20.61%), Vitamin A: 789.3IU (15.79%), Vitamin B2: 0.17mg (9.93%), Potassium: 243.79mg (6.97%), Selenium: 4.44µg (6.34%), Iron: 0.94mg (5.24%), Phosphorus: 50.35mg (5.03%), Magnesium: 19.67mg (4.92%), Vitamin B3: 0.88mg (4.39%), Vitamin B6: 0.06mg (3.09%), Copper: 0.06mg (2.83%), Folate: 8.99µg (2.25%), Calcium: 18.58mg (1.86%)