



Pavlova



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons cornstarch
- ☐ 0.1 teaspoon cream of tartar
- ☐ 0.5 cup egg whites at room temperature (from 4 eggs)
- ☐ 1 cup granulated sugar
- ☐ 1.3 cups heavy cream
- ☐ 2 kiwi fruits such as peaches or nectarines ripe peeled thinly sliced
- ☐ 2 tablespoons brown sugar light packed
- ☐ 1 tablespoon red wine vinegar

- ☐ 0.1 teaspoon salt
- ☐ 10 strawberries green such as raspberries or blackberries trimmed thinly sliced
- ☐ 0.5 teaspoon vanilla extract pure

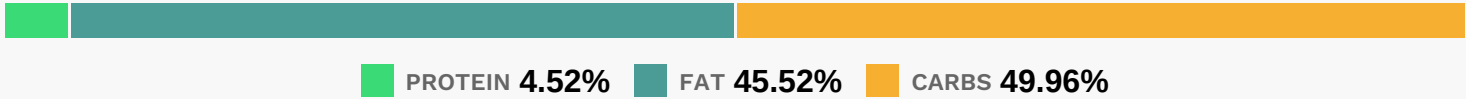
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ In a mixer fitted with a whisk attachment (or using a hand mixer), whip the egg whites, cream of tartar and salt in a clean, dry bowl until foamy.
- ☐ Add the granulated sugar, cornstarch, vinegar, and vanilla and continue whipping until stiff, smooth and glossy, about 8 minutes more. On a sheet of parchment paper cut to fit a sheet pan, use a pencil to draw or trace a circle 9-inches in diameter. Line the sheet pan with the parchment, pencil side down (you should still be able to see the circle). Spoon the egg whites into the circle, using the back of the spoon to smooth the top and sides of the disk.
- ☐ Bake in the center of the oven for 10 minutes, then reduce the heat to 300 degrees and bake until the meringue has puffed up and cracked on the top and the surface is lightly browned to the color of cafe au lait, about 45 minutes more. Turn off the oven, prop the oven door open, and let the pavlova cool in the oven at least 30 minutes, to room temperature. This ensures a gradual cooling, which protects the delicate meringue.
- ☐ Whip the cream and brown sugar together until stiff. Spoon it in the center of the cooled pavlova and spread out to within 1/2-inch of the edge. Arrange the slices of kiwi around the edge. Arrange the slices of strawberry in the middle. To serve, slice into wedges with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:20.28, Glycemic Load:15.29, Inflammation Score:-4, Nutrition Score:3.9621739568918%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 210.11kcal (10.51%), Fat: 10.94g (16.83%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.22g (9.54%), Sugar: 25.5g (28.33%), Cholesterol: 33.62mg (11.21%), Sodium: 59.31mg (2.58%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 2.45g (4.89%), Vitamin C: 20.83mg (25.25%), Vitamin A: 454.6IU (9.09%), Vitamin K: 8.55µg (8.14%), Vitamin B2: 0.12mg (7.09%), Selenium: 3.57µg (5.09%), Vitamin E: 0.55mg (3.63%), Manganese: 0.07mg (3.63%), Potassium: 113.65mg (3.25%), Vitamin D: 0.48µg (3.17%), Fiber: 0.79g (3.16%), Calcium: 31.12mg (3.11%), Phosphorus: 28.41mg (2.84%), Folate: 9.31µg (2.33%), Magnesium: 8.22mg (2.05%), Copper: 0.04mg (1.96%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.03mg (1.44%)