



## Pavlova



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1.5 tablespoons cornstarch
- ☐ 1.5 cups granulated sugar
- ☐ 0.8 cup egg whites room temperature (6 ounces, 6)
- ☐ 1 pinch salt
- ☐ 2 pints poached berries fresh
- ☐ 0.3 cup sugar

- ☐ 8 servings whipped cream for topping

## Equipment

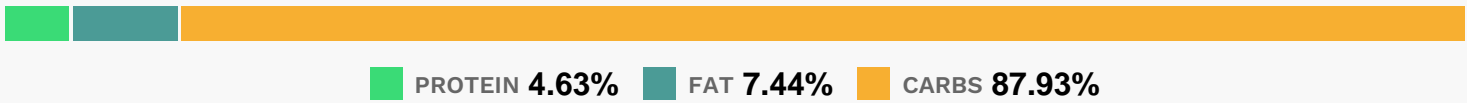
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Prep baking sheet, preheat oven:
- ☐ Place rack in the middle of the oven and preheat the oven to 275°. Line a large baking sheet with parchment paper.
- ☐ Pour the vanilla extract and vinegar (if using) into a small cup. Stir the cornstarch into the sugar in a small bowl.
- ☐ Whip egg whites, cream of tartar (if using), salt, to soft peaks: In a large bowl of a heavy-duty mixer, fitted with whisk attachment, whip the egg whites, cream of tartar (if using) and salt, starting on low, increasing incrementally to medium speed until soft peaks/trails start to become visible, and the egg white bubbles are very small and uniform, approximately 2 to 3 minutes.
- ☐ Increase speed, slowly add sugar-cornstarch mixture, then vanilla. Whip to stiff peaks: Increase speed to medium-high, slowly and gradually sprinkling in the sugar-cornstarch mixture.
- ☐ A few minutes after these dry ingredients are added, slowly pour in the vanilla and vinegar (if you didn't use cream of tartar.)
- ☐ Increase speed a bit and whip until meringue is glossy, and stiff peaks form when the whisk is lifted, 4 to 5 minutes.

- ☐ Pipe or spoon the meringue into 8–10 large round mounds that are 3 inches wide on a baking sheet lined with parchment paper or a silicon liner. With the back of a spoon, create an indentation in the middle of the mound for holding the filling once meringue is baked.
- ☐ Place baking sheet in the 275°F oven. Reduce oven temperature to 250°F.
- ☐ Bake for 50–60 minutes, or until the meringues are crisp, dry to the touch on the outside, and white -- not tan-colored or cracked. The interiors should have a marshmallow-like consistency.
- ☐ Check on meringues at least once during the baking time. If they appear to be taking on color or cracking, reduce temperature 25 degrees, and turn pan around.
- ☐ Cool: Gently lift from the baking sheet and cool on a wire rack. Will keep in a tightly sealed container at room temperature, or individually wrapped, for up to a week if your house is not humid.
- ☐ Serve topped with your favorite filling – lemon curd, raspberry or blueberry sauce, and freshly whipped cream.
- ☐ Sauce or Filling Directions
- ☐ If you want to make a berry sauce, heat a couple pints of fresh or frozen berries in a medium saucepan with about a quarter cup of sugar.
- ☐ Heat on medium heat, stirring once or twice, for about 5 to 10 minutes, depending on how much the berries are falling apart.
- ☐ Remove from heat and let cool.

## Nutrition Facts



## Properties

Glycemic Index:30.65, Glycemic Load:30.95, Inflammation Score:-3, Nutrition Score:4.1530434761358%

## Flavonoids

Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg Petunidin: 21.48mg, Petunidin: 21.48mg, Petunidin: 21.48mg, Petunidin: 21.48mg Delphinidin: 25.54mg, Delphinidin: 25.54mg, Delphinidin: 25.54mg, Delphinidin: 25.54mg Malvidin: 58.73mg, Malvidin: 58.73mg, Malvidin: 58.73mg, Malvidin: 58.73mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg

Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg  
Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 263.96kcal (13.2%), Fat: 2.27g (3.49%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 60.39g (20.13%),  
Net Carbohydrates: 57.18g (20.79%), Sugar: 54.4g (60.44%), Cholesterol: 4.56mg (1.52%), Sodium: 44.97mg  
(1.96%), Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Protein: 3.18g (6.35%), Vitamin K: 19.51µg (18.58%), Fiber:  
3.21g (12.83%), Vitamin B2: 0.16mg (9.22%), Manganese: 0.18mg (9.05%), Selenium: 5.06µg (7.24%), Vitamin E:  
0.61mg (4.04%), Vitamin B6: 0.07mg (3.68%), Vitamin C: 2.96mg (3.58%), Vitamin B3: 0.65mg (3.23%), Potassium:  
111.87mg (3.2%), Vitamin B1: 0.04mg (2.74%), Copper: 0.05mg (2.46%), Folate: 9.37µg (2.34%), Magnesium: 9.22mg  
(2.3%), Phosphorus: 22.02mg (2.2%), Vitamin B5: 0.21mg (2.1%), Vitamin A: 95.52IU (1.91%), Calcium: 17.69mg  
(1.77%), Iron: 0.26mg (1.47%)