



Pavlova With Lemon Cream and Berries

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 8 servings poached berries fresh assorted
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites at room temperature
- ☐ 10 oz lemon curd
- ☐ 8 servings lemon zest fresh
- ☐ 1 pinch salt
- ☐ 0.3 cup cream sour

- ☐ 1 cup sugar
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Preheat oven to 225
- ☐ Whisk together sugar and cornstarch. Beat egg whites at medium-high speed with a heavy-duty electric stand mixer 1 minute; add cream of tartar and salt, beating until blended. Gradually add sugar mixture, 1 Tbsp. at a time, beating at medium-high speed until mixture is glossy, stiff peaks form, and sugar dissolves. (Do not overbeat.) Beat in vanilla. Gently spread mixture into a 7-inch round on a parchment paper-lined baking sheet, making an indentation in center of meringue to hold filling.
- ☐ Bake at 225 for 1 hour and 30 minutes or until pale golden and outside has formed a crust. Turn oven off; let meringue stand in oven, with door closed and light on, 12 hours.
- ☐ Meanwhile, whisk together lemon curd and sour cream until smooth. Cover and chill.
- ☐ Spoon lemon mixture into center of meringue, and top with berries. (Center of meringue may fall once the lemon mixture and berries have been added.)
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:0.89739130631737%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 246.75kcal (12.34%), Fat: 5.23g (8.05%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 47.83g (17.39%), Sugar: 46.75g (51.95%), Cholesterol: 5.65mg (1.88%), Sodium: 139.45mg (6.06%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 2.8g (5.6%), Vitamin B2: 0.09mg (5.14%), Selenium: 3.54µg (5.05%), Potassium: 53.47mg (1.53%), Vitamin A: 60.26IU (1.21%), Calcium: 11.37mg (1.14%)