



Pear & chocolate mini Pavlovas



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



485 kcal

DESSERT

Ingredients

- ☐ 3 medium egg whites
- ☐ 175 g sugar
- ☐ 1 tsp cornstarch
- ☐ 0.5 tsp citrus champagne vinegar
- ☐ 8 small pears peeled
- ☐ 2 tbsp clear honey
- ☐ 300 ml apple juice
- ☐ 1 cinnamon sticks

- ☐ 147 ml double cream
- ☐ 100 g chocolate bar plain 70% ()
- ☐ 284 ml whipping cream
- ☐ 200 g greek yogurt

Equipment

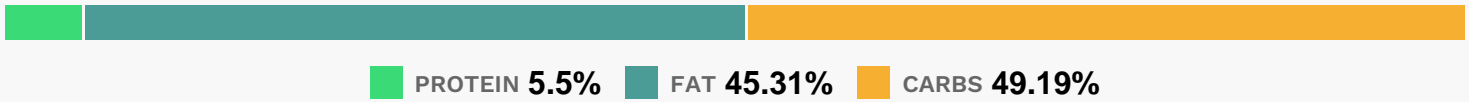
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat oven to 140C/fan 120C/gas
- ☐ Line 2 large baking sheets with non-stick baking paper. In a large bowl, whisk the egg whites until stiff.
- ☐ Gradually whisk in the sugar 1 tbsp at a time until the mixture is very stiff and shiny. Sift in the cornflour then, using a large metal spoon, fold in along with the vinegar. Divide the mixture into 8 mounds and place on the parchment paper. With a dessert spoon, flatten each one out to approximately 9cm in diameter and make a light indent in the centre of each.
- ☐ Cook for 40–50 mins or until the meringue mixture is hard and the baking parchment peels away easily from the bottom of the each one. Cool on a wire rack. You can make these up to 3 days in advance and store in an airtight container or freeze for up to a month.
- ☐ Using a sharp knife, score around and scoop out the core of the pears, keeping the stalk on.
- ☐ Place the pears in a medium pan in a single layer they should fit quite tightly.
- ☐ Add the honey, apple juice and cinnamon stick. Bring to the boil, then turn down the heat, cover with a round of baking parchment and a lid. Simmer for 35–40 mins until pears are tender.

- ☐ Remove lid and paper, turn up the heat and allow the liquid to bubble away until it has turned to a sticky glaze. Leave to cool. Pears may be refrigerated for up to 2 days, coated in glaze and covered.
- ☐ Meanwhile, make the chocolate sauce and cream filling.
- ☐ Add the double cream and chocolate to the pan and stir constantly over a gentle heat, until the chocolate has melted. Stir together the cream and Greek yogurt until thick, but still soft it will thicken up without beating.
- ☐ To serve, put the meringues on serving plates and top with a dollop of the cream filling.
- ☐ Place a glazed pear on top and drizzle with some warm chocolate sauce.
- ☐ Serve straight away, handing round any extra sauce.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:26.9, Inflammation Score:-6, Nutrition Score:9.7021738653598%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 7.42mg, Epicatechin: 7.42mg, Epicatechin: 7.42mg, Epicatechin: 7.42mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 484.83kcal (24.24%), Fat: 25.34g (38.98%), Saturated Fat: 15.6g (97.48%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 55.63g (20.23%), Sugar: 49.84g (55.38%), Cholesterol: 62.87mg (20.96%), Sodium: 48.38mg (2.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10mg (3.33%), Protein: 6.92g (13.84%), Fiber: 6.27g (25.1%), Manganese: 0.43mg (21.47%), Copper: 0.36mg (18.23%), Vitamin A: 841.25IU (16.82%), Vitamin B2: 0.28mg (16.63%), Phosphorus: 126.68mg (12.67%), Magnesium: 48.99mg (12.25%), Potassium: 411.01mg (11.74%), Iron: 1.95mg (10.85%), Selenium: 7.58µg (10.83%), Calcium: 94.84mg (9.48%), Vitamin K: 9.3µg (8.85%), Vitamin C: 7.09mg (8.59%), Vitamin D: 0.87µg (5.78%), Zinc: 0.86mg (5.72%), Vitamin E: 0.77mg (5.11%), Vitamin B12: 0.31µg (5.11%), Vitamin B6: 0.09mg (4.61%), Vitamin B5: 0.39mg (3.91%), Folate: 14.86µg (3.71%), Vitamin B1: 0.05mg (3.14%), Vitamin B3: 0.51mg (2.55%)