



## Pistachio Pavlovas with Lemon Curd and Berries

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

DESSERT

### Ingredients

- 0.3 teaspoon kosher-for-passover cream of tartar
- 0.3 cup dry-roasted pistachios chopped
- 1 large egg white
- 4 large egg whites
- 2 large eggs
- 0.5 cup granulated sugar
- 0.8 cup granulated sugar

- 0.5 cup juice of lemon fresh ( 3 lemons)
- 2 teaspoons lemon rind grated
- 1 teaspoon potato flour
- 12 ounce raspberries fresh
- 1 Dash salt

## Equipment

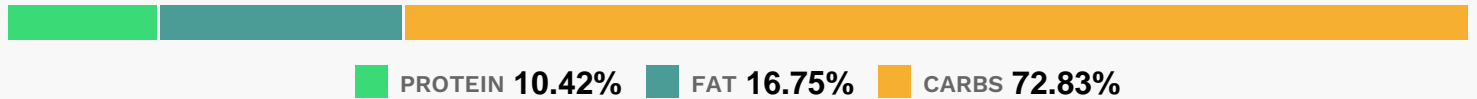
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- blender

## Directions

- Preheat oven to 25
- To prepare meringues, cover 2 baking sheets with parchment paper. Draw 4 (4-inch) circles on each piece of paper. Turn paper over; secure with masking tape.
- Place cream of tartar and 4 egg whites in a large bowl; beat with a mixer at high speed until foamy. Gradually add 3/4 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form.
- Divide the egg white mixture evenly among 8 drawn circles on baking sheets. Shape meringues into nests with 1-inch sides using the back of a spoon.
- Sprinkle evenly with nuts.
- Bake at 250 for 1 hour, rotating baking sheets after 30 minutes. Turn oven off, and cool meringue nests in closed oven for 2 hours.
- Remove from oven, and carefully remove meringue nests from paper.

- To prepare lemon curd, combine whole eggs and 1 egg white in a medium bowl; stir well with a whisk.
- Heat 1/2 cup granulated sugar, rind, juice, potato starch, and salt over medium–high heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge. Gradually add hot juice mixture to egg mixture, stirring constantly with a whisk. Return juice mixture to pan. Cook over medium heat for 2 minutes or until thick, stirring constantly. Spoon curd into a bowl; cool to room temperature. Cover and chill.
- Arrange about 1/4 cup raspberries in each meringue nest; top with about 2 tablespoons lemon curd.
- Sprinkle the nests evenly with powdered sugar, if desired.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:20.77, Glycemic Load:22.41, Inflammation Score:-3, Nutrition Score:6.1769565913988%

### Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

### Nutrients (% of daily need)

Calories: 203.27kcal (10.16%), Fat: 3.97g (6.11%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 35.55g (12.93%), Sugar: 33.9g (37.67%), Cholesterol: 46.5mg (15.5%), Sodium: 77.16mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.11%), Vitamin C: 17.7mg (21.45%), Manganese: 0.39mg (19.62%), Fiber: 3.27g (13.09%), Selenium: 8.69µg (12.42%), Vitamin B2: 0.18mg (10.69%), Phosphorus: 58.9mg

(5.89%), Folate: 23.35µg (5.84%), Magnesium: 22.62mg (5.66%), Potassium: 179.9mg (5.14%), Vitamin E: 0.76mg (5.05%), Vitamin B3: 0.99mg (4.92%), Vitamin B5: 0.46mg (4.59%), Copper: 0.08mg (3.89%), Vitamin B6: 0.08mg (3.87%), Iron: 0.64mg (3.56%), Zinc: 0.49mg (3.26%), Vitamin K: 3.35µg (3.19%), Calcium: 23.86mg (2.39%), Vitamin B12: 0.13µg (2.16%), Vitamin B1: 0.03mg (2.07%), Vitamin D: 0.25µg (1.67%), Vitamin A: 82.7IU (1.65%)