



Raspberry Pavlova



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



139 kcal

DESSERT

Ingredients



2 teaspoons cornstarch



4 egg whites



1 kiwi fruit peeled sliced



1 teaspoon juice of lemon



2 cups raspberries fresh



3 ounce jell-o brand raspberry flavor gelatin



0.3 cup sugar



2 cups cool whip whipped topping thawed

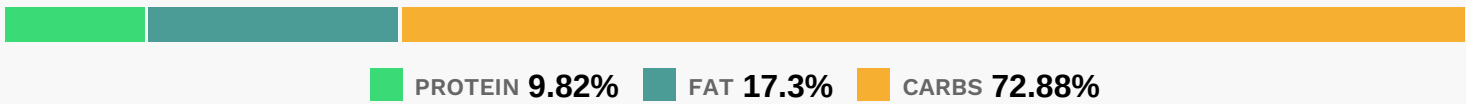
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 275 degrees F.
- ☐ Combine sugar and dry gelatin mix. Beat egg whites in medium bowl with mixer on high speed 5 min. or until soft peaks form.
- ☐ Add sugar mixture, 1 Tbsp. at a time, beating constantly until stiff peaks form. Gently stir in lemon juice and cornstarch until blended.
- ☐ Spread into 8-inch circle on parchment-covered baking sheet.
- ☐ Bake 1-1/2 hours. Cool completely.
- ☐ Transfer meringue to plate just before serving; top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:3.9695652282756%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg,

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 138.61kcal (6.93%), Fat: 2.75g (4.23%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 23.75g (8.63%), Sugar: 22.28g (24.76%), Cholesterol: 0.38mg (0.13%), Sodium: 88.92mg (3.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 16.6mg (20.12%), Manganese: 0.22mg (10.78%), Fiber: 2.3g (9.19%), Vitamin K: 7.52µg (7.17%), Selenium: 4.3µg (6.14%), Vitamin B2: 0.1mg (6.04%), Phosphorus: 43.8mg (4.38%), Vitamin E: 0.5mg (3.36%), Potassium: 112.74mg (3.22%), Copper: 0.06mg (3.04%), Magnesium: 11.65mg (2.91%), Folate: 10.86µg (2.72%), Calcium: 26.27mg (2.63%), Iron: 0.28mg (1.58%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.03mg (1.42%), Vitamin B3: 0.26mg (1.29%), Vitamin B1: 0.02mg (1.17%), Zinc: 0.17mg (1.12%)