



## Rhubarb and Lime Pavlovas

 Vegetarian  Gluten Free  Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



223 kcal

DESSERT

### Ingredients

- 3 egg whites room temperature
- 4 eggs
- 0.5 teaspoon juice of lime
- 4 teaspoons juice of lime
- 6.5 ounces rhubarb
- 1 pinch salt
- 0.5 cup sugar
- 6 tablespoons butter unsalted ()

- 0.5 teaspoon vanilla extract
- 1 cup water

## Equipment

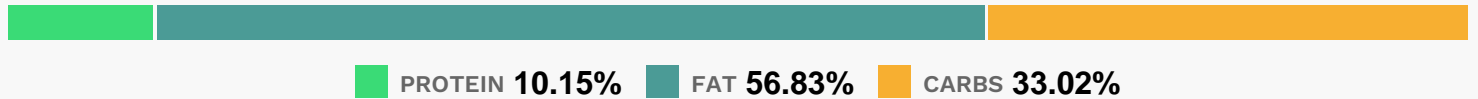
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- sieve
- plastic wrap
- baking pan
- hand mixer
- stand mixer
- skewers

## Directions

- Place a rack in center of oven. Preheat oven to 225°F. In stand mixer fitted with whisk attachment or with hand mixer, whip egg whites with salt, lime juice, and vanilla until foamy, then gradually add sugar. Whip to stiff, glossy peaks, then transfer to piping bag or large ziploc bag with the tip cut off. Line a baking sheet with parchment paper, then pipe meringue into 6 equal mounds about 4 inches across.
- Bake for 1 hour, turn and continue baking until outside is slightly firm but not browned, 30 to 50 minutes longer. Turn oven off and allow pavlovas to cool to room temperature in oven, at least 40 minutes. Store in an airtight container once cooled for up to 3 days.
- Combine butter, sugar, half of zest, juice, eggs, and pinch salt in a medium bowl.
- Place over simmering water and whisk constantly until very thick, at least 10 minutes. Immediately strain through a fine mesh sieve or chinois and stir in remaining zest.
- Place plastic wrap over surface of curd, poking a few holes to allow steam to escape, and chill in refrigerator.

- Place rack in center of oven. Preheat oven to 350°F. Wash rhubarb thoroughly and cut into 3-inch pieces.
- Place in baking dish.
- Combine sugar and water in a medium saucepan and bring to boil until sugar is completely dissolved. Immediately pour hot syrup over rhubarb and place in oven. Cook for 10 minutes, then gently stir and continue cooking until rhubarb yields to a fork or skewer but is not broken down, 3 to 5 minutes longer.
- Remove from oven and allow rhubarb to cool in the syrup. Strain rhubarb out and place syrup in a small saucepan, simmer over medium heat until reduced by half. Set aside to cool.
- Drizzle plate with rhubarb reduction.
- Place pavlova in center of plate, top with curd and rhubarb chunks..

## Nutrition Facts



### Properties

Glycemic Index:13.85, Glycemic Load:11.74, Inflammation Score:-3, Nutrition Score:5.1508695068567%

### Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 222.64kcal (11.13%), Fat: 14.29g (21.98%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 18.11g (6.59%), Sugar: 17.3g (19.22%), Cholesterol: 139.22mg (46.41%), Sodium: 78.02mg (3.39%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 5.74g (11.48%), Selenium: 12.59µg (17.98%), Vitamin B2: 0.22mg (12.82%), Vitamin A: 541.46IU (10.83%), Vitamin K: 10.09µg (9.61%), Phosphorus: 68.53mg (6.85%), Vitamin D: 0.8µg (5.31%), Vitamin B5: 0.52mg (5.24%), Vitamin B12: 0.3µg (4.97%), Calcium: 49.16mg (4.92%), Vitamin E: 0.72mg (4.83%), Potassium: 161.96mg (4.63%), Vitamin C: 3.58mg (4.34%), Folate: 17.33µg (4.33%), Manganese: 0.07mg (3.64%), Iron: 0.61mg (3.38%), Vitamin B6: 0.06mg (3%), Zinc: 0.44mg (2.9%), Magnesium: 9.87mg (2.47%), Fiber: 0.57g (2.27%), Copper: 0.04mg (2.1%), Vitamin B1: 0.02mg (1.34%)