



Scrumptious strawberry pavlova



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 2 tsp vinegar
- ☐ 2 tsp vanilla extract
- ☐ 2 tsp cornstarch
- ☐ 4 large egg whites
- ☐ 100 g g muscovado sugar light
- ☐ 100 g brown sugar
- ☐ 25 g hazelnuts
- ☐ 600 g strawberries

- ☐ 568 ml double cream
- ☐ 3 tbsp blackcurrants (blackcurrant liqueur)

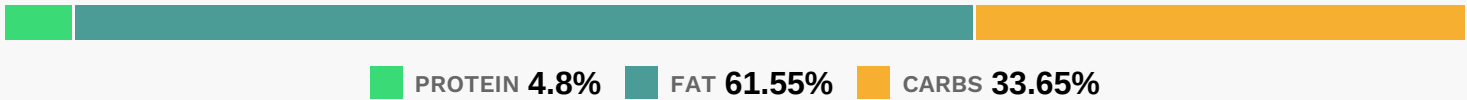
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve

Directions

- ☐ Preheat the oven to 140C/gas 1/ fan 120C. Line a large baking sheet with non-stick parchment.
- ☐ Blend the vinegar, vanilla and cornflour to a paste.
- ☐ Whisk the egg whites until stiff. Gradually whisk in the sugars, adding a little paste with each addition, until a thick marshmallowy meringue is formed.
- ☐ Spread it out to a 20cm circle on the baking sheet, swirling the knife to make peaks. Scatter over the nuts and bake for 1 hour, then turn off the oven and leave it to cool.
- ☐ Sieve 100g/4oz strawberries into a bowl. Stir in the cassis. Whip the cream softly. Slice half the strawberries and fold into the cream. Then swirl in 3 tbsp sauce.
- ☐ Put the pavlova on a flat plate. Spoon in the cream, scatter on the strawberries, drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.32, Inflammation Score:-8, Nutrition Score:13.403043467066%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 6.93mg, Delphinidin: 6.93mg, Delphinidin: 6.93mg, Delphinidin: 6.93mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 24.94mg, Pelargonidin: 24.94mg, Pelargonidin: 24.94mg, Pelargonidin: 24.94mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 531.59kcal (26.58%), Fat: 37.28g (57.36%), Saturated Fat: 22.11g (138.17%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 43.45g (15.8%), Sugar: 40.52g (45.02%), Cholesterol: 107.61mg (35.87%), Sodium: 72.93mg (3.17%), Alcohol: 0.48g (100%), Alcohol %: 0.23% (100%), Protein: 6.54g (13.09%), Vitamin C: 73.01mg (88.5%), Manganese: 0.69mg (34.57%), Vitamin A: 1429.74IU (28.59%), Vitamin B2: 0.31mg (18.08%), Vitamin E: 1.87mg (12.43%), Calcium: 117.14mg (11.71%), Selenium: 8.18µg (11.69%), Potassium: 377.92mg (10.8%), Vitamin D: 1.52µg (10.16%), Phosphorus: 100.55mg (10.05%), Fiber: 2.41g (9.64%), Magnesium: 33.86mg (8.46%), Folate: 33.73µg (8.43%), Copper: 0.16mg (7.93%), Vitamin B6: 0.12mg (6.19%), Iron: 1.07mg (5.97%), Vitamin K: 5.84µg (5.56%), Vitamin B5: 0.52mg (5.22%), Vitamin B1: 0.07mg (4.97%), Zinc: 0.51mg (3.4%), Vitamin B3: 0.61mg (3.05%), Vitamin B12: 0.17µg (2.87%)