



Spiced Plum Pavlovas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1.5 cups crème fraîche chilled
- ☐ 4 large egg whites
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 pounds plums pitted halved sliced

- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ drinking straws

Directions

- ☐ Combine all ingredients in large skillet; toss to coat. Cover and cook over medium-high heat until sugar dissolves, stirring occasionally, about 5 minutes. Uncover and cook until plums are tender but still hold shape, stirring occasionally, about 3 minutes longer; cool to room temperature. (Can be made 1 day ahead.)
- ☐ Transfer to bowl. Cover and chill.)
- ☐ Preheat oven to 350°F. Line large baking sheet with parchment paper. Using electric mixer, beat egg whites in large bowl 1 minute.
- ☐ Add cream of tartar. Continue to beat until soft peaks form. Gradually add sugar, beating until whites are thick and resemble marshmallow creme, about 5 minutes. Beat in cornstarch, vinegar, vanilla, and cardamom. Drop meringue onto prepared sheet in 6 mounds, spaced 3 inches apart. Using back of spoon, make depression in center of each.
- ☐ Place meringues in oven. Immediately reduce temperature to 250°F.
- ☐ Bake until meringues are dry outside (but centers remain soft) and pale straw color and lift easily from parchment, about 50 minutes. Cool on sheet on rack. (Can be made 8 hours ahead.)
- ☐ Let stand at room temperature.)
- ☐ Beat crème fraîche and sugar in medium bowl until peaks form. Refrigerate up to 2 hours.

- ☐
- Place meringues on plates. Spoon plum mixture into center depression. Spoon topping and any plum juices over.
- ☐
- *Sold at some supermarkets. If unavailable, heat 1 1/2 cups whipping cream to lukewarm (85°F).
- ☐
- Remove from heat and mix in 3 tablespoons buttermilk. Cover and let stand in warm draft-free area until slightly thickened, 24 to 48 hours. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:7.18, Inflammation Score:-5, Nutrition Score:5.4973912964696%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 197.57kcal (9.88%), Fat: 11.53g (17.75%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 19.07g (6.93%), Sugar: 17.46g (19.41%), Cholesterol: 33.92mg (11.31%), Sodium: 54.6mg (2.37%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 4.61g (9.23%), Vitamin A: 749.6IU (14.99%), Vitamin C: 12.28mg (14.88%), Vitamin B2: 0.22mg (13.19%), Selenium: 6.57µg (9.39%), Potassium: 310.8mg (8.88%), Vitamin K: 8.12µg (7.73%), Calcium: 67.02mg (6.7%), Phosphorus: 65.64mg (6.56%), Fiber: 1.62g (6.5%), Manganese: 0.09mg (4.7%), Magnesium: 16.53mg (4.13%), Copper: 0.08mg (4.09%), Vitamin B5: 0.39mg (3.91%), Vitamin E: 0.52mg (3.45%), Vitamin B1: 0.04mg (3%), Vitamin B6: 0.06mg (2.95%), Vitamin B3: 0.55mg (2.77%), Folate: 10.5µg (2.62%), Vitamin B12: 0.14µg (2.34%), Zinc: 0.32mg (2.13%), Iron: 0.28mg (1.53%)