



Strawberry-Kiwi Pavlova



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon vanilla flavoring for passover; see notes (certified kosher)
- ☐ 1 teaspoon cider vinegar white
- ☐ 0.5 cup egg whites at room temperature
- ☐ 8 oz kiwi fruit peeled sliced
- ☐ 1 pinch salt
- ☐ 15 oz strawberries sliced
- ☐ 0.8 cup sugar divided
- ☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer

Directions

- ☐ Preheat oven to 25
- ☐ Trace an 8-in. circle on a piece of parchment paper with a pencil.
- ☐ Place it pencil side down on a baking sheet.
- ☐ Put egg whites and salt in a large, very clean bowl. Beat with a handheld or stand mixer on high speed (preferably with whisk attachment) until foamy. Gradually add 1 cup sugar, a few tablespoons at a time, beating well after each addition, until stiff, shiny peaks form (4 to 5 minutes). Beat in vinegar and vanilla just until blended.
- ☐ Mound meringue onto traced circle on baking sheet, spreading to fill and mounding edges slightly higher than center.
- ☐ Bake until meringue is firm and pale golden brown, about 1 1/2 hours. Crack oven door and let pavlova cool completely, about 2 hours more. Carefully remove from baking sheet and transfer to a platter (it's normal for crust to crack a little).
- ☐ In a bowl, with a mixer on high speed, beat whipping cream just until soft peaks form. Turn mixer to low and beat in remaining 2 tablespoons sugar.
- ☐ Just before serving, top pavlova with whipped cream, strawberries, and sliced kiwi fruit.
- ☐ Cut into 8 wedges.
- ☐ Kosher for Passover Guidelines
- ☐ Because dietary restrictions vary from congregation to congregation, it's best to ask your local rabbi if you have questions about which ingredients are appropriate for you.

Nutrition Facts

PROTEIN 5.65% FAT 44.72% CARBS 49.63%

Properties

Glycemic Index:26.59, Glycemic Load:15.94, Inflammation Score:-5, Nutrition Score:7.2991304034772%

Flavonoids

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Nutrients (% of daily need)

Calories: 216.24kcal (10.81%), Fat: 11.11g (17.09%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 25.83g (9.39%), Sugar: 24.9g (27.67%), Cholesterol: 33.62mg (11.21%), Sodium: 40.28mg (1.75%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 3.16g (6.31%), Vitamin C: 52.61mg (63.77%), Vitamin K: 13.55µg (12.9%), Manganese: 0.24mg (11.86%), Vitamin A: 468.37IU (9.37%), Vitamin B2: 0.15mg (8.55%), Fiber: 1.91g (7.65%), Selenium: 4.32µg (6.16%), Folate: 21.93µg (5.48%), Potassium: 191.61mg (5.47%), Vitamin E: 0.8mg (5.31%), Phosphorus: 41.98mg (4.2%), Calcium: 39.41mg (3.94%), Magnesium: 15.27mg (3.82%), Copper: 0.07mg (3.6%), Vitamin D: 0.48µg (3.17%), Vitamin B6: 0.05mg (2.68%), Vitamin B5: 0.22mg (2.23%), Iron: 0.34mg (1.88%), Vitamin B1: 0.03mg (1.8%), Vitamin B3: 0.35mg (1.74%), Zinc: 0.19mg (1.28%), Vitamin B12: 0.06µg (1.02%)