



Strawberry-Topped Pavlovas with Honey-Balsamic Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 1 stick cinnamon (2-inch)
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 3 tablespoons honey
- ☐ 3 quarts strawberries quartered
- ☐ 0.3 cup sugar

- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 25
- ☐ To prepare strawberries, combine strawberries and 1/3 cup sugar; cover and chill.
- ☐ To prepare meringues, cover 2 baking sheets with parchment paper. Draw 5 (4-inch) circles on each piece of paper. Turn paper over; secure with masking tape.
- ☐ Place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until foamy. Gradually add 3/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form (do not underbeat). Beat in vanilla. Divide egg white mixture evenly among 10 drawn circles on baking sheets. Shape meringues into nests with 1-inch sides using the back of a spoon.
- ☐ Bake at 250 for 1 hour, rotating baking sheets after 30 minutes. Turn oven off, and cool meringue nests in closed oven 30 minutes. Carefully remove meringue nests from paper. Cool completely.
- ☐ To prepare sauce, combine vinegar and cinnamon stick in a small saucepan over medium-high heat. Bring to a boil; cook until syrupy and reduced to about 1/3 cup (about 5 to 6 minutes).
- ☐ Remove from heat. Discard cinnamon stick; stir in honey.
- ☐ Place 1 meringue nest on each of 10 dessert plates; top each serving with about 3/4 cup strawberry mixture.
- ☐ Drizzle with about 2 teaspoons sauce.

Nutrition Facts



 **PROTEIN 5.99%**  **FAT 3.68%**  **CARBS 90.33%**

Properties

Glycemic Index:28.75, Glycemic Load:25.92, Inflammation Score:-7, Nutrition Score:13.142608762435%

Flavonoids

Cyanidin: 4.77mg, Cyanidin: 4.77mg, Cyanidin: 4.77mg, Cyanidin: 4.77mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 70.55mg, Pelargonidin: 70.55mg, Pelargonidin: 70.55mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.83mg, Catechin: 8.83mg, Catechin: 8.83mg, Catechin: 8.83mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 219.32kcal (10.97%), Fat: 0.95g (1.46%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 46.43g (16.88%), Sugar: 43.69g (48.54%), Cholesterol: 0mg (0%), Sodium: 29.73mg (1.29%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Protein: 3.47g (6.94%), Vitamin C: 166.98mg (202.4%), Manganese: 1.19mg (59.52%), Fiber: 5.88g (23.51%), Folate: 68.81µg (17.2%), Potassium: 495.5mg (14.16%), Magnesium: 41.04mg (10.26%), Iron: 1.38mg (7.68%), Vitamin B2: 0.13mg (7.5%), Copper: 0.15mg (7.48%), Phosphorus: 74.25mg (7.43%), Vitamin B6: 0.14mg (6.81%), Vitamin K: 6.36µg (6.05%), Selenium: 3.97µg (5.67%), Vitamin B3: 1.12mg (5.62%), Calcium: 55.66mg (5.57%), Vitamin E: 0.83mg (5.54%), Vitamin B1: 0.07mg (4.59%), Vitamin B5: 0.39mg (3.86%), Zinc: 0.44mg (2.93%)