



Three-Layer Berry and Brown Sugar Pavlova



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 1 pound blackberries
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.8 cup egg whites 30 minutes at room temperature (from 5 to 6 large eggs)
- ☐ 1 cup superfine granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1 cup heavy cream chilled
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup cup heavy whipping cream sour chilled

- ☐ 1.5 pounds strawberries trimmed quartered
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 2 teaspoon distilled vinegar white

Equipment

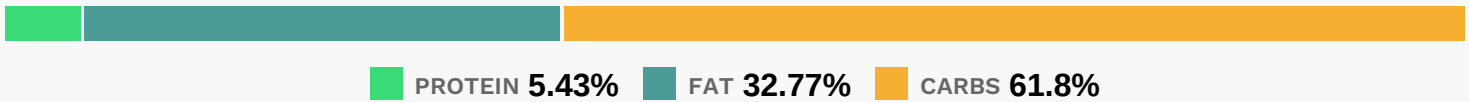
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 275°F with rack in middle. Lightly butter 3 (8-inch) round cake pans, then dust sides of pans with confectioners sugar, knocking out excess. Line bottom of each pan with a round of parchment paper.
- ☐ Pulse superfine sugar, brown sugar, and cornstarch in a food processor until well combined.
- ☐ Stir together vanilla and vinegar in a small bowl.
- ☐ Beat egg whites with a pinch of salt using an electric mixer at medium speed until they hold soft peaks. Increase speed to medium-high and add sugar mixture 1 tablespoon at a time. After all sugar has been added, beat 1 minute more.
- ☐ Add vinegar mixture, then beat at high speed until meringue is glossy and holds stiff peaks, about 5 minutes. Spoon meringue into pans (about 2 1/2 cups per pan) and smooth tops.
- ☐ Bake until meringues have a crisp crust and feel dry to the touch, about 1 hour (insides will still be marshmallow-like).
- ☐ Turn oven off and prop door open slightly with a wooden spoon. Cool meringues in oven 1 hour. (Meringues may sink slightly and crack while cooling.)
- ☐ Run knife along sides of cake pans and carefully turn meringues out of pans. Carefully peel off parchment (meringues will be fragile and the crust may crack further). Carefully turn right

- side up.
- ☐ Toss berries with sugar and let stand at room temperature until ready to use (up to 1 hour).
 - ☐ Beat heavy cream with sour cream using an electric mixer until it just holds soft peaks. Put 1 meringue on a serving plate and spread one third of whipped cream over it. Spoon one third of fruit (with juice) over top. Repeat with remaining meringues, cream, and fruit.
 - ☐ Meringues can be frozen, individually wrapped, up to 1 month; thaw, still wrapped, at room temperature for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:22.09, Inflammation Score:-7, Nutrition Score:11.346956688425%

Flavonoids

Cyanidin: 58.1mg, Cyanidin: 58.1mg, Cyanidin: 58.1mg, Cyanidin: 58.1mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 21.39mg, Pelargonidin: 21.39mg, Pelargonidin: 21.39mg, Pelargonidin: 21.39mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 351.72kcal (17.59%), Fat: 13.26g (20.4%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 51.56g (18.75%), Sugar: 49.66g (55.18%), Cholesterol: 39.27mg (13.09%), Sodium: 54.6mg (2.37%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 4.94g (9.88%), Vitamin C: 62.18mg (75.37%), Manganese: 0.71mg (35.58%), Fiber: 4.72g (18.88%), Vitamin K: 14.19µg (13.52%), Vitamin A: 628.57IU (12.57%), Vitamin B2: 0.21mg (12.44%), Selenium: 6.75µg (9.65%), Folate: 37.4µg (9.35%), Potassium: 319.38mg (9.13%), Vitamin E: 1.22mg (8.13%), Copper: 0.15mg (7.72%), Magnesium: 29.33mg (7.33%), Calcium: 72.84mg (7.28%), Phosphorus: 61.68mg (6.17%), Iron: 0.87mg (4.86%), Vitamin B5: 0.43mg (4.33%), Vitamin B6: 0.08mg (3.91%), Vitamin B3: 0.76mg (3.82%), Zinc: 0.54mg (3.59%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.04mg (2.71%), Vitamin

B12: 0.09μg (1.47%)