



Yummy Coco-Nutty Pavlova Log

 Vegetarian  Gluten Free

READY IN

ready

57 min.

SERVINGS

servings

10

CALORIES

calories

182 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 10 ounce pineapple crushed canned
- ☐ 0.5 teaspoon cornstarch
- ☐ 6 egg whites
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup pecans chopped
- ☐ 1 pint strawberries hulled chopped
- ☐ 0.3 cup sugar divided

- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 1 tablespoon butter unsalted for parchment
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 0.5 teaspoon distilled vinegar white

Equipment

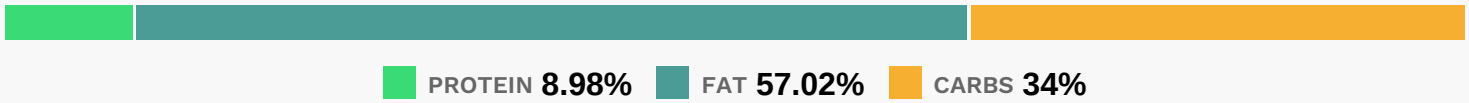
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ serrated knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Stand or hand
- ☐ Mixer, parchment paper
- ☐ Preheat the oven to 325 degrees F.
- ☐ Butter a baking sheet and line it with buttered parchment paper. Set aside.
- ☐ Mix the vinegar, cornstarch and vanilla in a small bowl and set aside. In a stand mixer, whisk the egg whites until soft peaks form. With the mixer running, slowly add 1/4 cup of sugar. Continue beating to stiff peaks. Slowly whisk the vinegar mixture into the meringue until well incorporated.
- ☐ Spread the meringue evenly on the prepared baking sheet.

- ☐ Sprinkle the coconut, walnuts, almonds and pecans evenly over the meringue.
- ☐ Bake until the coconut begins to turn golden and the whites are shiny and springy, about 10 to 12 minutes. Cool completely.
- ☐ Meanwhile, combine the strawberries and drained pineapple in a bowl and set aside.
- ☐ In a clean bowl whisk the heavy cream and remaining 1 tablespoon of sugar to stiff peaks and reserve.
- ☐ Use a knife to release the edges and remove the meringue from the pan. Gently flip the meringue onto a parchment-lined surface, nut side down.
- ☐ Spread the whipped cream over meringue and sprinkle evenly with strawberry mixture, leaving a 1-inch border around the perimeter of the meringue. Leave a little extra room at 1 of the short ends to help seal the pavlova when it's rolled. Starting with the short side with more fruit, slowly roll the meringue into a log, keeping the roll as tight as possible and tucking in the fruit as you go. Use a serrated knife to slice the ends for clean edges.
- ☐ Cut into 2-inch slices and transfer to a serving dish for serving.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:4.65, Inflammation Score:-4, Nutrition Score:7.2169564910557%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallocatechin: 0.01mg,

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 182.19kcal (9.11%), Fat: 12.1g (18.62%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 13.91g (5.06%), Sugar: 13.16g (14.62%), Cholesterol: 16.46mg (5.49%), Sodium: 40.07mg (1.74%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.29g (8.58%), Vitamin C: 30.64mg (37.14%), Manganese: 0.55mg (27.28%), Vitamin B2: 0.17mg (9.91%), Fiber: 2.32g (9.29%), Copper: 0.18mg (9.12%), Vitamin E: 1.27mg (8.45%), Magnesium: 31.97mg (7.99%), Selenium: 5.08µg (7.25%), Phosphorus: 60.59mg (6.06%), Potassium: 206.79mg (5.91%), Vitamin B1: 0.08mg (5.3%), Folate: 19.23µg (4.81%), Vitamin A: 231.92IU (4.64%), Vitamin B6: 0.08mg (4.05%), Calcium: 36.37mg (3.64%), Iron: 0.63mg (3.52%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.2mg (1.99%), Vitamin K: 1.9µg (1.81%), Vitamin D: 0.21µg (1.41%)