



Almond Milk Blanc Manger with Strawberry Puree



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.7 cups vanilla almond milk plain
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 tablespoon juice of lemon
- ☐ 0.3 pound strawberries fresh washed and hulled
- ☐ 2 tablespoons sugar

Equipment

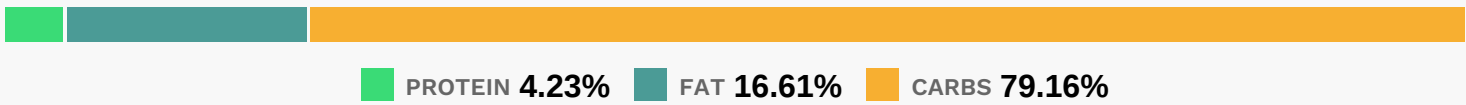
- ☐ bowl

- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Chop strawberries and put into a microwave-safe bowl. Stir in 2 tablespoons sugar and lemon juice. Cover with plastic wrap and microwave on high for 1 minute. Uncover, let cool then refrigerate until ready to use. In a saucepan, combine cornstarch, 2 tablespoons sugar and almond plus. Stir and heat over medium-low heat and simmer stirring constantly. When the mixture starts to get thickened, turn off the heat (10-12 minutes).
- ☐ Pour the mixture into each serving cup or bowl.
- ☐ Let cool at room temperature for 10-15 minutes. Then refrigerate for 2-2.5 hours or until sets. When served, spoon the juice from the strawberry puree and spread on the blanc manger.
- ☐ Place strawberries on top.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:5.05, Inflammation Score:-1, Nutrition Score:2.9282608667146%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 73.05kcal (3.65%), Fat: 1.39g (2.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 13.77g (5.01%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 136.41mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin C: 22.95mg (27.82%), Calcium: 131.34mg (13.13%), Manganese: 0.15mg (7.48%), Fiber: 1.13g (4.51%), Folate: 9.45µg (2.36%), Potassium: 60.06mg (1.72%), Magnesium: 5.21mg (1.3%), Copper: 0.02mg (1.09%), Iron: 0.19mg (1.04%)