



Barossa Cream

 Gluten Free

READY IN



270 min.

SERVINGS



6

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 grapes black
- ☐ 2 tablespoons brandy
- ☐ 6 servings cinnamon bark
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 0.5 pound apricots dried
- ☐ 2 egg yolks
- ☐ 0.5 ounce gelatine
- ☐ 4 ounces grapes peeled

- ☐ 1.3 cups milk
- ☐ 2.5 tablespoons caster sugar
- ☐ 0.5 cup water

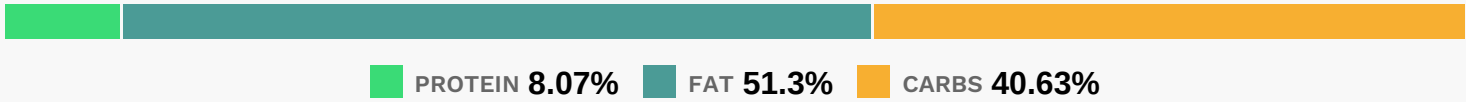
Equipment

- ☐ sauce pan

Directions

- ☐ Soak dried apricots in cold water 1 hour.
- ☐ Drain and reserve 1/2 cup water. Peel grapes and leave to macerate in brandy.
- ☐ Place apricots, cinnamon bark and water in a saucepan, cook slowly until apricots are soft.
- ☐ Remove the cinnamon bark and puree. Beat egg yolks with sugar. Bring the milk to the boil and pour over yolk mixture. Soften gelatine with a little cold water and stir into custard. Allow mixture to cool and when thickened add the apricot puree and the 20 black grapes. Fold in whipped cream and place in mold (which has been rinsed out with iced water). Chill at least 1 hour. Unmold the cream and decorate with a mound of the grapes macerated in brandy.

Nutrition Facts



Properties

Glycemic Index:44.42, Glycemic Load:13.09, Inflammation Score:-8, Nutrition Score:11.377391270969%

Nutrients (% of daily need)

Calories: 368.09kcal (18.4%), Fat: 21.4g (32.92%), Saturated Fat: 12.95g (80.92%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 34.02g (12.37%), Sugar: 32.07g (35.64%), Cholesterol: 126.93mg (42.31%), Sodium: 45.69mg (1.99%), Alcohol: 1.67g (100%), Alcohol %: 1.06% (100%), Protein: 7.58g (15.15%), Vitamin A: 2280.64IU (45.61%), Manganese: 0.53mg (26.34%), Potassium: 620.43mg (17.73%), Fiber: 4.12g (16.49%), Vitamin E: 2.36mg (15.7%), Calcium: 148.88mg (14.89%), Vitamin B2: 0.24mg (14.33%), Phosphorus: 137.32mg (13.73%), Copper: 0.23mg (11.53%), Vitamin D: 1.68µg (11.18%), Selenium: 7.69µg (10.98%), Iron: 1.49mg (8.29%), Vitamin B12: 0.47µg (7.85%), Vitamin B6: 0.14mg (7.15%), Vitamin B5: 0.71mg (7.1%), Magnesium: 25.67mg (6.42%), Vitamin K: 6.34µg (6.03%), Vitamin B3: 1.13mg (5.65%), Vitamin B1: 0.07mg (4.6%), Zinc: 0.67mg (4.49%), Folate: 15.8µg (3.95%), Vitamin C: 1.36mg (1.64%)