



Berried Treasure

READY IN



20 min.

SERVINGS



8

CALORIES



542 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chocolate-hazelnut spread (such as Nutella)
- ☐ 0.5 cup confectioners' sugar
- ☐ 8 ounce cream cheese at room temperature
- ☐ 0.5 cup heavy cream
- ☐ 2 cups raspberries (1 pint)
- ☐ 8 servings short bread cookies sliced for serving
- ☐ 1 teaspoon vanilla extract

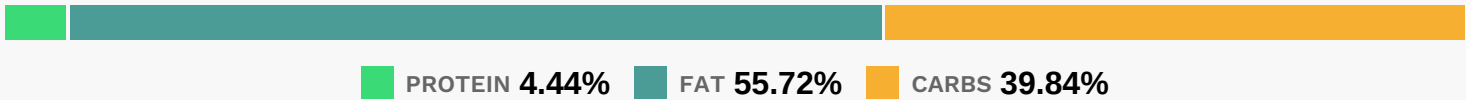
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Beat the cream cheese, heavy cream, sugar and vanilla in a bowl with a mixer until light and fluffy, about 3 minutes.
- ☐ Spoon 1/4 cup chocolate-hazelnut spread each into two 12-ounce glass or plastic jars and smooth to make an even layer. Divide half of the cream cheese mixture between the 2 jars, then top each with a handful of raspberries. Repeat with the remaining chocolate-hazelnut spread, cream cheese mixture and raspberries.
- ☐ Serve with cookies or baguette slices, or cover the jars with lids and pack them to go. (The spread can be made the night before; cover, refrigerate and return to room temperature before serving.)
- ☐ Photograph by Sam Kaplan

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:18.31, Inflammation Score:-5, Nutrition Score:10.239130388135%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 542.06kcal (27.1%), Fat: 33.79g (51.99%), Saturated Fat: 22.07g (137.95%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 50.03g (18.19%), Sugar: 36.52g (40.58%), Cholesterol: 45.44mg (15.15%), Sodium:

207.74mg (9.03%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 6.06g (12.12%), Manganese: 0.65mg (32.55%), Vitamin E: 3.18mg (21.23%), Fiber: 4.34g (17.36%), Iron: 2.74mg (15.19%), Vitamin B2: 0.26mg (15.18%), Vitamin A: 634.5IU (12.69%), Phosphorus: 123.17mg (12.32%), Copper: 0.24mg (11.78%), Vitamin B1: 0.15mg (9.99%), Vitamin C: 7.95mg (9.64%), Magnesium: 38.17mg (9.54%), Folate: 37.38µg (9.34%), Calcium: 89.09mg (8.91%), Selenium: 6.08µg (8.68%), Potassium: 275.01mg (7.86%), Vitamin K: 7.2µg (6.86%), Vitamin B3: 1.3mg (6.48%), Zinc: 0.84mg (5.6%), Vitamin B5: 0.52mg (5.17%), Vitamin B6: 0.09mg (4.42%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.24µg (1.59%)