



HEALTH SCORE

51%

Berried Treasure Dessert



Dairy Free

READY IN



50 min.

SERVINGS



1

CALORIES



1857 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons almond paste
- ☐ 1 serving blueberries
- ☐ 1 tablespoon brown sugar
- ☐ 1 serving dairy-free margarine
- ☐ 2 tablespoons so delicious dairy free original coconut milk creamer
- ☐ 1 egg white
- ☐ 1 tablespoon honey

- ☐ 1 teaspoon kosher salt
- ☐ 1 cup nuts raw assorted (i.e. Brazil nuts, pecans, almonds, cashews, or filberts)
- ☐ 2 tablespoons olive oil
- ☐ 1 serving powdered sugar
- ☐ 1 serving strawberries fresh
- ☐ 1 large kaiser roll

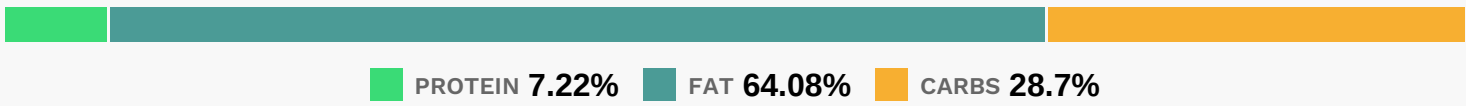
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Set grill to medium heat.
- ☐ Whisk egg white in a large bowl until foamy. Toss nuts with egg white, salt, brown sugar, coconut milk creamer, oil, honey and stir together until well combined and spread on cookie tray.
- ☐ Place tray on grill and close lid for 30 minutes until toasted and fragrant. Stir nuts and close lid for another 15 minutes.
- ☐ Combine cultured coconut milk with almond extract.“Butter” both sides of bun with dairy-free margarine and grill until toasted and grill marks appear.
- ☐ Cut a ring out of center of top bun half. Put halves together and scoop almond paste into well of bun topped with cultured coconut milk, berries, 2 tablespoons grilled nuts and a dusting of powdered sugar. Dessert is served!

Nutrition Facts



Properties

Glycemic Index:248.69, Glycemic Load:43.86, Inflammation Score:-10, Nutrition Score:54.146521754887%

Flavonoids

Cyanidin: 14.94mg, Cyanidin: 14.94mg, Cyanidin: 14.94mg, Cyanidin: 14.94mg Petunidin: 46.82mg, Petunidin: 46.82mg, Petunidin: 46.82mg, Petunidin: 46.82mg Delphinidin: 52.88mg, Delphinidin: 52.88mg, Delphinidin: 52.88mg, Delphinidin: 52.88mg Malvidin: 100.05mg, Malvidin: 100.05mg, Malvidin: 100.05mg, Malvidin: 100.05mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 30.1mg, Peonidin: 30.1mg, Peonidin: 30.1mg, Peonidin: 30.1mg Catechin: 12.31mg, Catechin: 12.31mg, Catechin: 12.31mg, Catechin: 12.31mg Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg, Myricetin: 1.98mg Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg, Quercetin: 12.95mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 1857.28kcal (92.86%), Fat: 136.13g (209.43%), Saturated Fat: 27.38g (171.14%), Carbohydrates: 137.19g (45.73%), Net Carbohydrates: 120.95g (43.98%), Sugar: 75.54g (83.94%), Cholesterol: 0mg (0%), Sodium: 2788.07mg (121.22%), Alcohol: 0.46g (100%), Alcohol %: 0.09% (100%), Protein: 34.54g (69.07%), Manganese: 5.06mg (253.08%), Selenium: 146.11µg (208.73%), Magnesium: 549.03mg (137.26%), Copper: 2.7mg (134.99%), Vitamin E: 19.73mg (131.51%), Vitamin C: 101.32mg (122.82%), Vitamin B1: 1.64mg (109.23%), Phosphorus: 926.04mg (92.6%), Iron: 16.02mg (89%), Fiber: 16.24g (64.98%), Vitamin K: 56.36µg (53.67%), Zinc: 6.64mg (44.25%), Potassium: 1255.24mg (35.86%), Calcium: 336.82mg (33.68%), Vitamin B3: 6.51mg (32.55%), Vitamin B2: 0.47mg (27.86%), Folate: 83.46µg (20.86%), Vitamin B6: 0.38mg (18.88%), Vitamin A: 749.76IU (15%), Vitamin B5: 0.79mg (7.93%), Vitamin B12: 0.35µg (5.85%), Vitamin D: 0.36µg (2.4%)