



Berries in a Nest

 Vegetarian  Vegan  Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 1 cup blackberries fresh
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon pepper
- 8 sheets dough (14 inches x 9 inches)
- 1 cup raspberries fresh
- 4 cups strawberries fresh halved
- 2 teaspoons sugar

Equipment

- bowl
- oven
- wire rack
- plastic wrap
- muffin liners
- slotted spoon

Directions

- In a large bowl, combine the strawberries, blackberries and raspberries.
- Sprinkle with sugar; gently toss to coat.
- Let stand for 20 minutes.
- Pour vinegar over berries; sprinkle with pepper. Gently toss to coat. Cover and refrigerate for 2 hours.
- For phyllo nests, coat giant nonstick muffin cups with a cooking spray; set aside. Unroll phyllo dough sheets; remove one sheet. (While assembling, keep remaining dough covered with plastic wrap and a damp cloth.)
- For each nest, cut one sheet in half lengthwise and cut in thirds widthwise. Stack three sections and place in a prepared cup; spray with cooking spray. Stack remaining three sections and place in cup, alternating points. Spray with cooking spray.
- Combine the sugar and cinnamon; sprinkle about 1/4 teaspoon cinnamon-sugar over dough. Repeat with remaining sheets of dough.
- Bake at 375° for 7-8 minutes or until golden brown. Cool for 5 minutes before carefully removing to a wire rack to cool completely.
- Using a slotted spoon, fill each nest with about 3/4 cup berry mixture.
- Drizzle with a small amount of juice.
- Serve immediately.

Nutrition Facts



■ PROTEIN 8.54% ■ FAT 12.93% ■ CARBS 78.53%

Properties

Glycemic Index:35.76, Glycemic Load:6.92, Inflammation Score:-5, Nutrition Score:8.3160869764245%

Flavonoids

Cyanidin: 26.07mg, Cyanidin: 26.07mg, Cyanidin: 26.07mg, Cyanidin: 26.07mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 18.12mg, Pelargonidin: 18.12mg, Pelargonidin: 18.12mg, Pelargonidin: 18.12mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 9.11mg, Catechin: 9.11mg, Catechin: 9.11mg, Catechin: 9.11mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 104.83kcal (5.24%), Fat: 1.55g (2.38%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 17.37g (6.32%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 94.23mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin C: 50.05mg (60.66%), Manganese: 0.61mg (30.6%), Fiber: 3.78g (15.12%), Folate: 41.66µg (10.42%), Vitamin B1: 0.13mg (8.57%), Selenium: 4.83µg (6.9%), Vitamin K: 6.91µg (6.59%), Iron: 1.18mg (6.53%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.09mg (5.37%), Potassium: 183.87mg (5.25%), Magnesium: 19.97mg (4.99%), Copper: 0.1mg (4.98%), Phosphorus: 41.12mg (4.11%), Vitamin E: 0.57mg (3.78%), Vitamin B6: 0.05mg (2.67%), Calcium: 25.11mg (2.51%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.36mg (2.39%), Vitamin A: 52.64IU (1.05%)