



Berries Romanoff

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- 4 cups poached berries assorted sliced (blackberries, blueberries, raspberries and strawberries)
- 0.5 cup knudsen cream sour
- 0.5 tsp orange zest grated
- 2 Tbsp sugar divided
- 1 cup cool whip whipped topping thawed

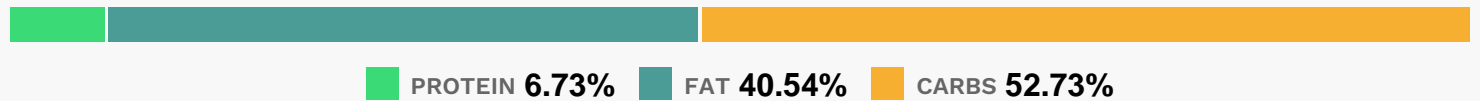
Equipment

- bowl

Directions

- Mix berries and 1 Tbsp. of the sugar in medium bowl.
- Let stand 10 min.
- Place whipped topping, sour cream, remaining 1 Tbsp. sugar and the orange zest in small bowl; stir gently until well blended.
- Spoon berry mixture evenly into 8 dessert dishes; top with the whipped topping mixture.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:2.87, Inflammation Score:-5, Nutrition Score:5.5713043653447%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 92.09kcal (4.6%), Fat: 4.38g (6.74%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 8.99g (3.27%), Sugar: 9.21g (10.23%), Cholesterol: 8.67mg (2.89%), Sodium: 11.96mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Manganese: 0.47mg (23.34%), Vitamin C: 15.42mg (18.69%), Fiber: 3.83g (15.32%), Vitamin K: 14.77µg (14.07%), Vitamin E: 0.94mg (6.29%), Copper: 0.12mg (6.13%), Vitamin A: 251.1IU (5.02%), Folate: 19.18µg (4.8%), Calcium: 42.29mg (4.23%), Magnesium: 16.52mg (4.13%), Potassium: 144.4mg (4.13%), Phosphorus: 33.73mg (3.37%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.44mg (2.93%), Iron: 0.47mg (2.6%), Vitamin B5: 0.25mg (2.48%), Vitamin B3: 0.49mg (2.44%), Selenium: 1.06µg (1.52%), Vitamin B6: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.29%)