



Berries with Geranium Cream



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 13 oz blackberries
- ☐ 8 oz blueberries
- ☐ 4 oz cream cheese softened
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons pesticide-free rose-scented geranium leaves finely chopped (pelargonium)
- ☐ 0.3 cup sugar

Equipment

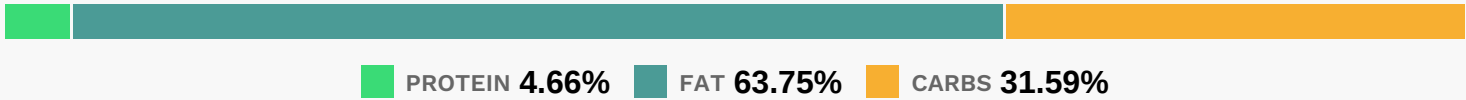
- ☐ bowl

- ☐ pot
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Heat cream, geranium leaves, and sugar in a metal bowl set over a pot of simmering water, stirring until sugar is dissolved and cream is hot but not boiling, about 5 minutes.
- ☐ Remove from heat and cool slightly, then chill until cold, about 45 minutes.
- ☐ Pour cream through a sieve set into a bowl and discard solids.
- ☐ Beat together cream cheese and cream in a bowl with an electric mixer until thickened (cream should not hold peaks), about 2 minutes.
- ☐ Divide blackberries and blueberries among 6 bowls or parfait glasses and top with cream.
- ☐ Cream can be beaten up to 4 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:10.071304310923%

Flavonoids

Cyanidin: 64.59mg, Cyanidin: 64.59mg, Cyanidin: 64.59mg, Cyanidin: 64.59mg Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 7.8mg, Peonidin: 7.8mg, Peonidin: 7.8mg, Peonidin: 7.8mg Catechin: 24.76mg, Catechin: 24.76mg, Catechin: 24.76mg, Catechin: 24.76mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 289.04kcal (14.45%), Fat: 21.29g (32.75%), Saturated Fat: 12.96g (81%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 18.39g (6.69%), Sugar: 17.08g (18.97%), Cholesterol: 63.91mg (21.3%), Sodium: 71.33mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin C: 37.8mg (45.82%), Manganese: 0.58mg (28.84%), Vitamin A: 1202.94IU (24.06%), Fiber: 5.35g (21.4%), Vitamin K: 22.4µg (21.33%), Vitamin E: 1.75mg (11.66%), Vitamin B2: 0.16mg (9.37%), Calcium: 73.01mg (7.3%), Copper: 0.14mg (6.84%), Phosphorus: 64.29mg (6.43%), Potassium: 212.56mg (6.07%), Magnesium: 22.43mg (5.61%), Folate: 21.06µg (5.26%), Vitamin B5: 0.46mg (4.65%), Selenium: 3.15µg (4.5%), Vitamin D: 0.63µg (4.23%), Zinc: 0.59mg (3.93%), Iron: 0.6mg (3.35%), Vitamin B3: 0.66mg (3.31%), Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.04mg (2.62%), Vitamin B12: 0.1µg (1.75%)