



Berries with Mascarpone

 Vegetarian  Gluten Free

READY IN



4 min.

SERVINGS



10

CALORIES



271 kcal

SIDE DISH

Ingredients

- 1 pint blackberries
- 1 pint blueberries
- 1 pint gooseberry
- 8 ounce mascarpone cheese
- 0.8 cup powdered sugar
- 1 pint raspberries
- 1 teaspoon vanilla extract
- 0.5 cup whipping cream

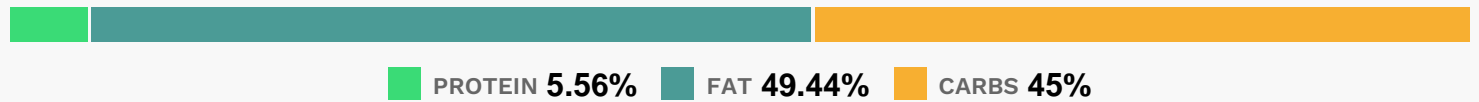
Equipment

hand mixer

Directions

- Beat whipping cream with an electric mixer until firm peaks form.
- Add mascarpone, powdered sugar, and vanilla, beating until well combined.
- Serve over berries.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:3.88, Inflammation Score:-7, Nutrition Score:11.06608702048%

Flavonoids

Cyanidin: 77.09mg, Cyanidin: 77.09mg, Cyanidin: 77.09mg, Cyanidin: 77.09mg Petunidin: 15.07mg, Petunidin: 15.07mg, Petunidin: 15.07mg, Petunidin: 15.07mg Delphinidin: 17.39mg, Delphinidin: 17.39mg, Delphinidin: 17.39mg, Delphinidin: 17.39mg Malvidin: 32.04mg, Malvidin: 32.04mg, Malvidin: 32.04mg, Malvidin: 32.04mg Pelargonidin: 0.68mg, Pelargonidin: 0.68mg, Pelargonidin: 0.68mg, Pelargonidin: 0.68mg Peonidin: 10.12mg, Peonidin: 10.12mg, Peonidin: 10.12mg, Peonidin: 10.12mg Catechin: 21.45mg, Catechin: 21.45mg, Catechin: 21.45mg, Catechin: 21.45mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg Gallic acid: 0.26mg, Gallic acid: 0.26mg, Gallic acid: 0.26mg, Gallic acid: 0.26mg

Nutrients (% of daily need)

Calories: 271.42kcal (13.57%), Fat: 15.47g (23.8%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 22.93g (8.34%), Sugar: 18.31g (20.35%), Cholesterol: 36.13mg (12.04%), Sodium: 17.8mg (0.77%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 3.92g (7.84%), Vitamin C: 40.1mg (48.61%), Manganese: 0.85mg (42.56%), Fiber: 8.75g (35.02%), Vitamin K: 22.57µg (21.5%), Vitamin A: 772.09IU (15.44%), Vitamin E: 1.52mg (10.13%), Copper: 0.18mg (9.15%), Potassium: 290.3mg (8.29%), Calcium: 79.96mg (8%), Magnesium: 28.33mg (7.08%), Folate: 27.92µg (6.98%), Vitamin B6: 0.11mg (5.35%), Vitamin B2: 0.09mg (5.2%),

Vitamin B5: 0.51mg (5.11%), Iron: 0.92mg (5.09%), Phosphorus: 49.51mg (4.95%), Vitamin B3: 0.94mg (4.69%),
Vitamin B1: 0.06mg (4.23%), Zinc: 0.61mg (4.08%), Selenium: 1.03µg (1.47%), Vitamin D: 0.19µg (1.27%)