



Berry Fool with Black Pepper

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons grand marnier
- ☐ 1 teaspoon fresh-ground pepper black
- ☐ 1.5 cups heavy cream
- ☐ 6 ounces the same quantity of raspberries fresh frozen thawed
- ☐ 1 pound strawberries hulled halved
- ☐ 0.5 cup sugar

Equipment

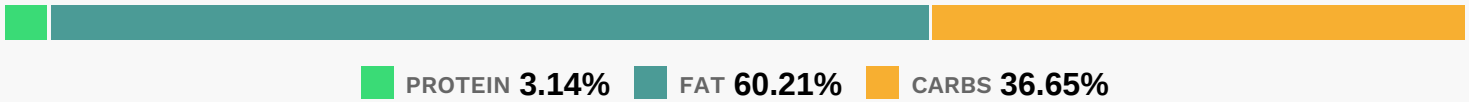
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a small saucepan, combine the raspberries and sugar. Cook over low heat, covered, stirring occasionally, until the berries are soft and the sugar dissolved, 5 to 10 minutes. Strain into a medium bowl, pressing the berries to get all the juice. Stir in the pepper. Chill until completely cold, about 20 minutes. Stir in the Grand Marnier.
- ☐ In a large bowl, beat the cream just until it holds firm peaks when the beaters are lifted. Fold in the raspberry mixture and the halved strawberries until just combined.
- ☐ Serve in stemmed glasses or bowls, topped with the reserved whole strawberries.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:20.69, Inflammation Score:-8, Nutrition Score:13.452173937922%

Flavonoids

Cyanidin: 21.37mg, Cyanidin: 21.37mg, Cyanidin: 21.37mg, Cyanidin: 21.37mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 28.6mg, Pelargonidin: 28.6mg, Pelargonidin: 28.6mg, Pelargonidin: 28.6mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 494.01kcal (24.7%), Fat: 32.97g (50.72%), Saturated Fat: 20.57g (128.57%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 39.99g (14.54%), Sugar: 38.61g (42.9%), Cholesterol: 100.85mg (33.62%), Sodium: 26.91mg (1.17%), Alcohol: 2.92g (100%), Alcohol %: 1.32% (100%), Protein: 3.87g (7.74%), Vitamin C: 78.35mg (94.98%), Manganese: 0.79mg (39.51%), Vitamin A: 1342.35IU (26.85%), Fiber: 5.16g (20.63%), Vitamin B2: 0.22mg

(12.7%), Vitamin E: 1.53mg (10.17%), Folate: 39.8µg (9.95%), Vitamin D: 1.43µg (9.52%), Potassium: 333.02mg (9.51%), Phosphorus: 92.78mg (9.28%), Vitamin K: 9.49µg (9.03%), Calcium: 90.26mg (9.03%), Magnesium: 31.54mg (7.88%), Copper: 0.12mg (5.77%), Vitamin B6: 0.11mg (5.47%), Vitamin B5: 0.52mg (5.16%), Iron: 0.92mg (5.09%), Selenium: 3.42µg (4.89%), Vitamin B1: 0.06mg (3.98%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.56mg (3.76%), Vitamin B12: 0.14µg (2.38%)