



Berry Pirouette

READY IN



270 min.

SERVINGS



1

CALORIES



3294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces boysenberries frozen thawed
- 5.5 ounces grands flaky refrigerator biscuits tubular-shaped
- 2 packages raspberry gelatin (4-serving size each)
- 1.8 cups water boiling
- 2 cups whipping cream (heavy)

Equipment

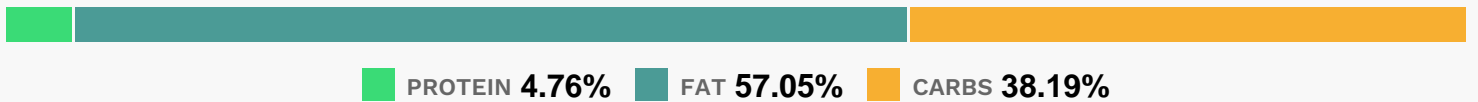
- food processor
- bowl

- frying pan
- knife
- blender
- hand mixer
- springform pan

Directions

- Pour boiling water on gelatin in large bowl; stir until gelatin is dissolved. Reserve 3 to 5 berries for garnish.
- Place remaining berries in food processor workbowl fitted with steel blade or in blender container. Cover and process until smooth. Stir berries into gelatin. Refrigerate about 1 hour or until very thick but not set.
- Beat gelatin mixture with electric mixer on high speed about 4 minutes or until thick and fluffy; set aside. Beat 1 cup of the whipping cream in chilled small bowl on high speed until stiff; fold into gelatin mixture.
- Pour into springform pan, 9x3 inches. Refrigerate about 3 hours or until set.
- Run knife around edge of dessert to loosen; remove side of pan.
- Place dessert on serving plate. Beat remaining 1 cup whipping cream in chilled small bowl on high speed until stiff.
- Spread half of the whipped cream on side of dessert. Carefully cut cookies crosswise in half. Arrange cookies, vertically and with cut sides down, around side of dessert; press lightly.
- Garnish with remaining whipped cream and berries.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:62.37, Inflammation Score:-10, Nutrition Score:53.833478471507%

Nutrients (% of daily need)

Calories: 3294.34kcal (164.72%), Fat: 213.87g (329.03%), Saturated Fat: 122.15g (763.44%), Carbohydrates: 322.14g (107.38%), Net Carbohydrates: 296.07g (107.66%), Sugar: 225.1g (250.11%), Cholesterol: 537.88mg (179.29%),

Sodium: 1496.36mg (65.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.14g (80.28%), Manganese: 3.17mg (158.6%), Vitamin A: 7435.2IU (148.7%), Folate: 436.2µg (109.05%), Fiber: 26.07g (104.27%), Vitamin B2: 1.62mg (95.41%), Vitamin E: 12.13mg (80.87%), Phosphorus: 741.16mg (74.12%), Vitamin K: 67.76µg (64.54%), Vitamin B1: 0.89mg (59.41%), Selenium: 36.24µg (51.78%), Iron: 9.2mg (51.11%), Vitamin D: 7.62µg (50.77%), Calcium: 474.42mg (47.44%), Vitamin B3: 8.91mg (44.57%), Copper: 0.82mg (41.12%), Potassium: 1231.81mg (35.19%), Magnesium: 135.26mg (33.82%), Vitamin B5: 2.84mg (28.42%), Vitamin B6: 0.53mg (26.65%), Vitamin C: 16.92mg (20.51%), Zinc: 2.96mg (19.75%), Vitamin B12: 0.76µg (12.69%)