



Blackberry Borage Fool

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients

- 0.3 cup the petals from dandelion flowers for garnish
- 4 cups blackberries fresh divided
- 1 tablespoon powdered sugar
- 1 teaspoon ginger fresh freshly grated (from)
- 1 cup cup heavy whipping cream
- 1 tablespoon juice of lime freshly squeezed

Equipment

- food processor

- bowl
- sieve
- blender

Directions

- Put heavy cream and borage flowers in a covered container and refrigerate for at least 2 hours and up to 24 hours. In a bowl, combine 2 cups of the blackberries with lime juice and ginger and let them infuse for the same amount of time as the cream.
- Mash the blackberry mixture by hand or in a food processor.
- Strain borage-infused cream through a fine-mesh strainer and discard the solids.
- Combine with confectioners' sugar in the bowl of a mixer, and whip on medium-high speed for 5 minutes, or until cream is soft and billowy, but firm. Reserve a small amount for garnish, if desired.
- Gently fold blackberry mash into borage cream. Divide the remaining 2 cups of blackberries between four tall cups or parfait glasses and top with the borage blackberry cream.
- Garnish with reserved borage cream, if desired, and borage flowers.
- To use borage flowers, first pluck the flower from the plant at the base of its stem. Then wash and dry the flowers and, using a thumb and forefinger, gently tug at one of the five blue petals. The blue flower should easily come apart from its hairy green star-shaped receptacle.
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Nutrition Facts

  

 **PROTEIN 5.44%**  **FAT 67.73%**  **CARBS 26.83%**

Properties

Glycemic Index:10, Glycemic Load:1.56, Inflammation Score:-8, Nutrition Score:15.584347792294%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin:

0.3mg, Peonidin: 0.3mg Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg
Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3-gallate:
0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate:
0.98mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg,
Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:
0.01mg, Naringenin: 0.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg
Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.17mg, Quercetin: 5.17mg,
Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 283.39kcal (14.17%), Fat: 22.31g (34.32%), Saturated Fat: 13.71g (85.67%), Carbohydrates: 19.88g (6.63%),
Net Carbohydrates: 11.1g (4.04%), Sugar: 10.79g (11.99%), Cholesterol: 67.24mg (22.41%), Sodium: 17.68mg (0.77%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Iron: 12.08mg (67.11%), Manganese: 0.93mg
(46.64%), Vitamin C: 31.75mg (38.48%), Fiber: 8.78g (35.12%), Vitamin K: 30.44µg (28.99%), Vitamin A: 1184.69IU
(23.69%), Vitamin E: 2.24mg (14.95%), Copper: 0.25mg (12.32%), Potassium: 405.39mg (11.58%), Magnesium:
43.08mg (10.77%), Folate: 38.81µg (9.7%), Vitamin B2: 0.15mg (8.85%), Calcium: 81.65mg (8.17%), Phosphorus:
81.34mg (8.13%), Vitamin D: 0.95µg (6.35%), Zinc: 0.91mg (6.07%), Vitamin B5: 0.55mg (5.55%), Vitamin B3:
0.98mg (4.89%), Selenium: 2.38µg (3.4%), Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.04mg (2.78%), Vitamin B12:
0.1µg (1.59%)