



BREAKSTONE'S Creamy Berry-Topped Dessert

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



300 kcal

DESSERT

Ingredients

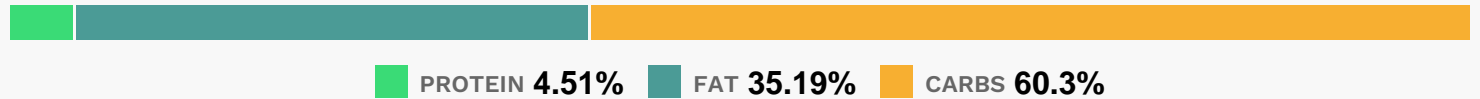
- 2 cups blueberries
- 0.3 cup brown sugar packed
- 1 cup breakstone's cream sour
- 10.8 oz round cake prepared cut into 8 slices
- 2 cups strawberries fresh sliced
- 0.3 cup strawberry preserves

Equipment

Directions

- Mix sour cream and sugar. Refrigerate until ready to serve.
- Combine strawberries and preserves.
- Let stand at room temperature 30 min.
- Spoon sour cream mixture over cake slices just before serving; top with strawberry mixture and blueberries.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:6.57, Inflammation Score:-5, Nutrition Score:7.3956521697666%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 299.9kcal (14.99%), Fat: 12.01g (18.47%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 44.36g (16.13%), Sugar: 32.12g (35.69%), Cholesterol: 72.47mg (24.16%), Sodium: 251.42mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin C: 25.87mg (31.36%), Manganese: 0.35mg (17.61%), Vitamin B2: 0.19mg (11.15%), Vitamin A: 520.29IU (10.41%), Vitamin K: 8.96µg (8.53%), Phosphorus: 84.82mg (8.48%), Vitamin B1: 0.12mg (8.17%), Iron: 1.42mg (7.88%), Folate: 31.19µg (7.8%), Fiber: 1.92g (7.66%), Selenium: 4.84µg (6.91%), Calcium: 62.11mg (6.21%), Vitamin B3: 1.06mg (5.3%), Potassium: 166.87mg

(4.77%), Vitamin E: 0.69mg (4.62%), Copper: 0.08mg (3.96%), Vitamin D: 0.55µg (3.68%), Vitamin B5: 0.36mg (3.6%), Vitamin B6: 0.07mg (3.57%), Magnesium: 14.22mg (3.55%), Zinc: 0.38mg (2.56%), Vitamin B12: 0.14µg (2.32%)