



Champagne-Soaked Berries with Whipped Cream

READY IN



39 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup agave nectar divided
- ☐ 8 amaretti cookies crumbled
- ☐ 12 ounce blueberries fresh
- ☐ 0.5 cup champagne
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 teaspoon orange rind grated
- ☐ 16 ounce strawberries fresh halved

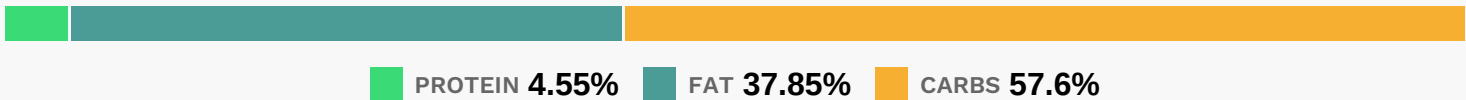
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine Champagne, 3 tablespoons agave, and rind in a large bowl.
- ☐ Add berries; toss gently to combine. Cover and chill 30 minutes.
- ☐ Place cream in a medium bowl; beat with a mixer at high speed until stiff peaks form. Beat in remaining 1 tablespoon agave.
- ☐ Place 3/4 cup berry mixture in each of 8 bowls. Top each serving with 2 tablespoons whipped cream; divide crushed cookies among servings.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:4.13, Inflammation Score:-5, Nutrition Score:5.9499999712343%

Flavonoids

Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg Petunidin: 13.47mg, Petunidin: 13.47mg, Petunidin: 13.47mg, Petunidin: 13.47mg Delphinidin: 15.24mg, Delphinidin: 15.24mg, Delphinidin: 15.24mg, Delphinidin: 15.24mg Malvidin: 28.75mg, Malvidin: 28.75mg, Malvidin: 28.75mg, Malvidin: 28.75mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 8.66mg, Peonidin: 8.66mg, Peonidin: 8.66mg, Peonidin: 8.66mg Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg, Catechin: 4.01mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 140.64kcal (7.03%), Fat: 5.95g (9.15%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 18.01g (6.55%), Sugar: 15.59g (17.32%), Cholesterol: 16.81mg (5.6%), Sodium: 18.92mg (0.82%), Alcohol: 0.94g (100%), Alcohol %: 0.85% (100%), Protein: 1.61g (3.22%), Vitamin C: 39.06mg (47.35%), Manganese: 0.36mg (18.11%), Vitamin K: 11.48µg (10.93%), Fiber: 2.35g (9.41%), Vitamin A: 249.48IU (4.99%), Folate: 19.04µg (4.76%), Potassium: 147.41mg (4.21%), Vitamin B2: 0.07mg (4.17%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.07mg (3.67%), Magnesium: 12.56mg (3.14%), Phosphorus: 29.67mg (2.97%), Copper: 0.06mg (2.78%), Vitamin B1: 0.04mg (2.73%), Iron: 0.49mg (2.72%), Vitamin B3: 0.47mg (2.35%), Calcium: 23.24mg (2.32%), Vitamin B5: 0.16mg (1.63%), Vitamin D: 0.24µg (1.59%), Zinc: 0.2mg (1.31%), Selenium: 0.86µg (1.23%)