



Chestnut fool



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 250 ml double cream
- ☐ 6 tbsp honey sweetened
- ☐ 2 tbsp brown sugar soft
- ☐ 2 tbsp grand marnier
- ☐ 1 pinch ground cinnamon
- ☐ 250 ml greek yogurt

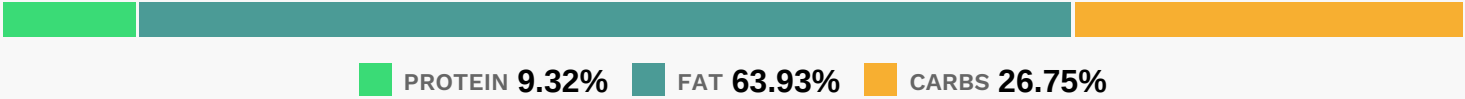
Equipment

- ☐ whisk

Directions

☐ Whisk the cream, chestnut pure, sugar, Grand Marnier and cinnamon together until it forms soft peaks. Fold through the yogurt and spoon into a serving dish. Chill until ready to serve with the friands (see 'Goes well with').

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:2.64, Inflammation Score:-3, Nutrition Score:3.237826069574%

Nutrients (% of daily need)

Calories: 167.74kcal (8.39%), Fat: 11.6g (17.84%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 10.91g (3.97%), Sugar: 5.9g (6.56%), Cholesterol: 36.84mg (12.28%), Sodium: 19.36mg (0.84%), Alcohol: 0.98g (100%), Alcohol %: 1.63% (100%), Protein: 3.8g (7.61%), Vitamin A: 466.13IU (9.32%), Vitamin B2: 0.14mg (7.97%), Phosphorus: 58.73mg (5.87%), Vitamin C: 4.65mg (5.63%), Calcium: 54.96mg (5.5%), Selenium: 3.61µg (5.15%), Vitamin B12: 0.24µg (3.92%), Potassium: 125.99mg (3.6%), Vitamin B6: 0.07mg (3.41%), Vitamin D: 0.5µg (3.35%), Copper: 0.06mg (2.86%), Folate: 9.57µg (2.39%), Manganese: 0.05mg (2.34%), Vitamin B5: 0.22mg (2.24%), Magnesium: 8.83mg (2.21%), Vitamin E: 0.29mg (1.95%), Vitamin B1: 0.03mg (1.88%), Zinc: 0.27mg (1.82%), Vitamin B3: 0.21mg (1.04%)