



Classic Pound Cake Topping



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



267 kcal

DESSERT

Ingredients

- 2 cups poached berries
- 2 tablespoons sugar
- 1 teaspoon juice of lemon
- 1 serving whipped cream

Equipment

- bowl

Directions

- To make macerated-berry topping, combine berries, sugar, and lemon juice in a bowl. Cover; refrigerate for 30 to 60 minutes.
- Serve with whipped cream.

Nutrition Facts

 **PROTEIN 2.1%**  **FAT 10.64%**  **CARBS 87.26%**

Properties

Glycemic Index:125.09, Glycemic Load:17.17, Inflammation Score:-6, Nutrition Score:8.6878260866455%

Flavonoids

Cyanidin: 13.52mg, Cyanidin: 13.52mg, Cyanidin: 13.52mg, Cyanidin: 13.52mg Petunidin: 56.3mg, Petunidin: 56.3mg, Petunidin: 56.3mg, Petunidin: 56.3mg Delphinidin: 66.93mg, Delphinidin: 66.93mg, Delphinidin: 66.93mg, Delphinidin: 66.93mg Malvidin: 153.91mg, Malvidin: 153.91mg, Malvidin: 153.91mg, Malvidin: 153.91mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 1.46mg, Peonidin: 1.46mg, Peonidin: 1.46mg, Peonidin: 1.46mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 5.58mg, Luteolin: 5.58mg, Luteolin: 5.58mg, Luteolin: 5.58mg Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Myricetin: 5.46mg, Myricetin: 5.46mg, Myricetin: 5.46mg, Myricetin: 5.46mg Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg

Nutrients (% of daily need)

Calories: 267.02kcal (13.35%), Fat: 3.41g (5.24%), Saturated Fat: 1g (6.23%), Carbohydrates: 62.82g (20.94%), Net Carbohydrates: 54.43g (19.79%), Sugar: 50.75g (56.39%), Cholesterol: 4.56mg (1.52%), Sodium: 3.87mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin K: 50.95µg (48.53%), Fiber: 8.39g (33.54%), Manganese: 0.46mg (22.87%), Vitamin C: 9.69mg (11.74%), Vitamin E: 1.53mg (10.23%), Vitamin B6: 0.19mg (9.38%), Vitamin B3: 1.62mg (8.1%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.1mg (6.84%), Folate: 22.88µg (5.72%), Copper: 0.11mg (5.27%), Potassium: 181.85mg (5.2%), Magnesium: 16.46mg (4.12%), Vitamin B5: 0.41mg (4.12%), Phosphorus: 39.84mg (3.98%), Vitamin A: 184IU (3.68%), Iron: 0.58mg (3.21%), Calcium: 31.4mg (3.14%), Zinc: 0.24mg (1.63%)