



Coeur à la Crème



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese room temperature
- ☐ 1 cup crème fraîche sour
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 6 tablespoons powdered sugar divided
- ☐ 1 pinch salt
- ☐ 1.7 cups strawberries hulled quartered
- ☐ 0.5 teaspoon vanilla extract

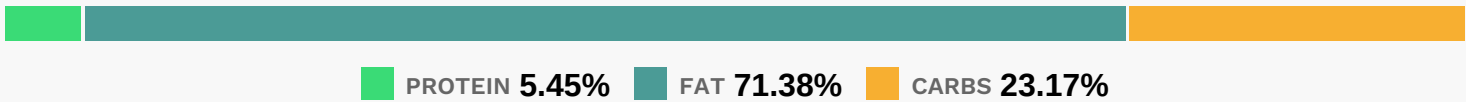
Equipment

- ☐ bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Rinse cheesecloth under water; squeeze until just damp. Line each of four 3- to 4-inch coeur à la crème molds with 1 square of cheesecloth. Using electric mixer, beat cream cheese, crème fraîche, 4 tablespoons powdered sugar, lemon juice, vanilla, and salt in large bowl until smooth, about 4 minutes. Press through fine strainer; divide among molds. Fold cheesecloth over.
- ☐ Place molds in shallow baking dish; cover with plastic wrap. Chill at least 4 hours and up to 1 day.
- ☐ Stir strawberries with 2 tablespoons powdered sugar; let stand 30 minutes. Unwrap molds; invert onto plates. Spoon strawberries around and serve.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:2.21, Inflammation Score:-7, Nutrition Score:8.0800000480984%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

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Nutrients (% of daily need)

Calories: 379.89kcal (18.99%), Fat: 30.84g (47.45%), Saturated Fat: 17.27g (107.94%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.32g (7.75%), Sugar: 18.86g (20.95%), Cholesterol: 91.19mg (30.4%), Sodium: 206.45mg (8.98%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.3g (10.59%), Vitamin C: 36.28mg (43.98%), Vitamin A: 1126.97IU (22.54%), Vitamin B2: 0.24mg (14.3%), Manganese: 0.25mg (12.3%), Calcium: 122.93mg (12.29%), Phosphorus: 118.9mg (11.89%), Selenium: 7.32µg (10.45%), Potassium: 240.79mg (6.88%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.88mg (5.88%), Folate: 23.2µg (5.8%), Fiber: 1.2g (4.81%), Magnesium: 18.79mg (4.7%), Vitamin B6: 0.08mg (4.21%), Vitamin B12: 0.25µg (4.09%), Zinc: 0.56mg (3.73%), Vitamin K: 3.37µg (3.21%), Vitamin B1: 0.04mg (2.62%), Copper: 0.05mg (2.54%), Iron: 0.36mg (1.99%), Vitamin B3: 0.34mg (1.7%)