



Coeurs à la Crème with Blackberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons powdered sugar to taste
- ☐ 0.8 pound cream cheese softened
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 8 ounce cream sour
- ☐ 0.5 teaspoon vanilla
- ☐ 1 tablespoon frangelico
- ☐ 1 tablespoon frangelico

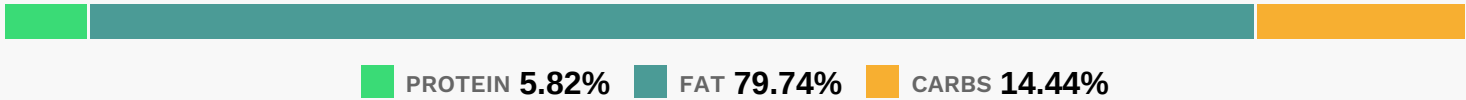
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Beat together cream cheese, sour cream, confectioners sugar, vanilla, juice, and a pinch of salt with an electric mixer until smooth. Force mixture through a fine sieve into a bowl to remove any fine lumps.
- ☐ Line molds with a single layer of dampened cheesecloth and divide cheese mixture among molds, smoothing tops. Fold overhanging cheesecloth over tops, pressing it lightly. Refrigerate molds in a shallow pan or dish (to catch drips) at least 4 hours.
- ☐ Mash half of blackberries with granulated sugar. Stir in remaining whole berries, cassis, and juice, then macerate, stirring occasionally, 20 minutes.
- ☐ Unmold coeurs and carefully peel off cheesecloth.
- ☐ Let coeurs stand at room temperature 20 minutes before serving. Spoon topping over coeurs.
- ☐ ·Coeurs may be chilled in molds up to 2 days, covered.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:2.24, Inflammation Score:-5, Nutrition Score:3.8982609095781%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 297.6kcal (14.88%), Fat: 26.85g (41.3%), Saturated Fat: 15.27g (95.44%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 10.93g (3.98%), Sugar: 9.38g (10.42%), Cholesterol: 79.57mg (26.52%), Sodium: 189.89mg (8.26%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 4.41g (8.82%), Vitamin A: 996.98IU (19.94%), Vitamin B2: 0.2mg (11.5%), Calcium: 93.3mg (9.33%), Selenium: 6.31µg (9.02%), Phosphorus: 89.45mg (8.94%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.63mg (4.21%), Potassium: 123.13mg (3.52%), Vitamin B12: 0.2µg (3.4%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.38%), Magnesium: 8.95mg (2.24%), Folate: 7.45µg (1.86%), Vitamin K: 1.76µg (1.67%), Vitamin B1: 0.02mg (1.38%)