



Cranachan



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



440 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp oatmeal
- ☐ 300 g raspberries fresh
- ☐ 4 servings sugar
- ☐ 350 ml double cream (we used Jersey double cream)
- ☐ 2 tbsp honey
- ☐ 2 tbsp irish whiskey to taste

Equipment

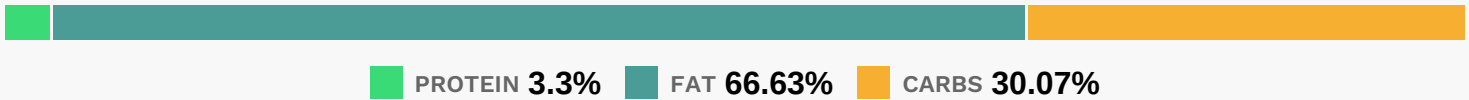
- ☐ baking sheet

- ☐ whisk
- ☐ grill

Directions

- ☐ To toast the oatmeal, spread it out on a baking sheet and grill until it smells rich and nutty. It will not darken quickly, so use your sense of smell to tell you when it is nutty enough. Cool the oatmeal.
- ☐ Make a raspberry pure by crushing half the fruit and sieving. Sweeten this to taste with a little caster sugar.
- ☐ Whisk the double cream until just set, and stir in the honey and whisky, trying not to over- whip the cream. Taste the mix and add more of either if you feel the need.
- ☐ Stir in the oatmeal and whisk lightly until the mixture is just firm. Alternate layers of the cream with the remaining whole raspberries and pure in 4 serving dishes. Allow to chill slightly before eating.

Nutrition Facts



Properties

Glycemic Index:55.97, Glycemic Load:14.4, Inflammation Score:-7, Nutrition Score:8.9239131575045%

Flavonoids

Cyanidin: 34.33mg, Cyanidin: 34.33mg, Cyanidin: 34.33mg, Cyanidin: 34.33mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 440.33kcal (22.02%), Fat: 32.41g (49.87%), Saturated Fat: 20.28g (126.76%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 27.89g (10.14%), Sugar: 26.51g (29.45%), Cholesterol: 99.47mg (33.16%), Sodium:

25.35mg (1.1%), Alcohol: 2.7g (100%), Alcohol %: 1.71% (100%), Protein: 3.62g (7.23%), Manganese: 0.56mg (27.76%), Vitamin A: 1318.68IU (26.37%), Vitamin C: 20.23mg (24.52%), Fiber: 5.02g (20.08%), Vitamin B2: 0.2mg (11.85%), Vitamin E: 1.47mg (9.79%), Vitamin D: 1.41µg (9.39%), Vitamin K: 8.69µg (8.27%), Phosphorus: 79.07mg (7.91%), Calcium: 78.25mg (7.83%), Magnesium: 24.84mg (6.21%), Potassium: 207.76mg (5.94%), Vitamin B5: 0.5mg (5.01%), Folate: 19.92µg (4.98%), Selenium: 3.34µg (4.77%), Copper: 0.09mg (4.41%), Zinc: 0.63mg (4.17%), Iron: 0.72mg (4.02%), Vitamin B6: 0.07mg (3.75%), Vitamin B1: 0.05mg (3.18%), Vitamin B3: 0.54mg (2.69%), Vitamin B12: 0.14µg (2.35%)