



Cranberry fools



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 200 g cranberries
- ☐ 200 g caster sugar
- ☐ 400 ml double cream
- ☐ 1 egg white

Equipment

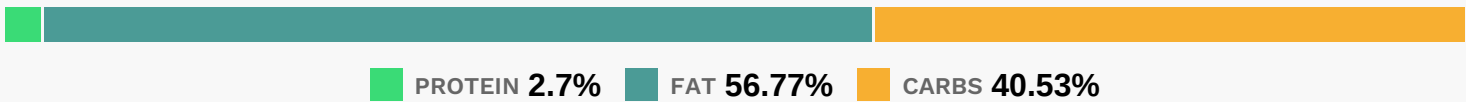
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl

☐ potato masher

Directions

- ☐ Put the cranberries in a pan with 150g of the sugar. Gently heat until the sugar begins to melt, then cover and cook for 5–10 mins until the berries are soft. Mash with a potato masher and transfer to a large mixing bowl. Stir in 200ml of the cream and chill until cool.
- ☐ In a bowl, whip the remaining cream with the remaining 50g sugar until soft peaks form. Scrape onto the cranberry mixture and fold 1–2 times to very lightly marble. Spoon between 5 small bowls the fool will marble more as you spoon into the dishes. Cover and chill for at least 2 hrs or up to 24 hrs.
- ☐ Froth the egg white with a fork.
- ☐ Put the extra 3 tbsp sugar on a small plate. Tip the extra cranberries for decoration into the egg white, then drop into the sugar. Shake the plate to roll and coat the berries. Repeat a few times, leaving the sugar to set for a couple of mins between each. Chill until ready to serve.
- ☐ To serve, top each fool with a few sugared cranberries and serve with Cinnamon shortbread (see 'Goes well with').

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:29.44, Inflammation Score:-6, Nutrition Score:4.9947825747987%

Flavonoids

Cyanidin: 18.57mg, Cyanidin: 18.57mg, Cyanidin: 18.57mg, Cyanidin: 18.57mg Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 19.66mg, Peonidin: 19.66mg, Peonidin: 19.66mg, Peonidin: 19.66mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 449.14kcal (22.46%), Fat: 29.24g (44.99%), Saturated Fat: 18.51g (115.71%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 45.53g (16.56%), Sugar: 44.02g (48.91%), Cholesterol: 90.94mg (30.31%), Sodium: 32.89mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin A: 1207.02IU (24.14%), Vitamin B2: 0.19mg (11.37%), Vitamin D: 1.29µg (8.58%), Vitamin E: 1.27mg (8.46%), Vitamin C: 6.08mg (7.37%), Manganese: 0.15mg (7.35%), Fiber: 1.44g (5.76%), Calcium: 57.14mg (5.71%), Selenium: 3.89µg (5.56%), Phosphorus: 51.98mg (5.2%), Vitamin K: 4.58µg (4.36%), Potassium: 119.03mg (3.4%), Vitamin B5: 0.33mg (3.35%), Vitamin B6: 0.05mg (2.56%), Vitamin B12: 0.13µg (2.24%), Magnesium: 8.69mg (2.17%), Copper: 0.04mg (1.77%), Zinc: 0.23mg (1.57%), Vitamin B1: 0.02mg (1.41%), Iron: 0.2mg (1.1%)