



Crunchy raspberry ripple terrine

READY IN



25 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 350 g raspberries
- ☐ 3 eggs
- ☐ 100 g golden caster sugar
- ☐ 284 ml pot double cream
- ☐ 2 small meringues shells crushed

Equipment

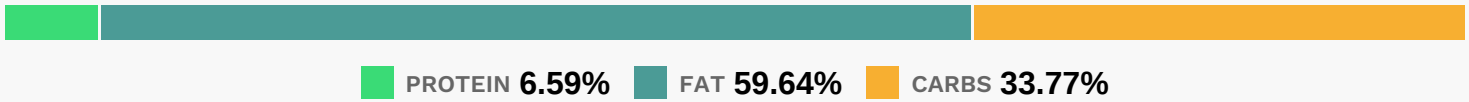
- ☐ bowl
- ☐ whisk

☐ sieve

Directions

- ☐ Mash 150g of the raspberries, pass through a sieve into a bowl, discarding seeds, and set aside. Line a 1 litre loaf tin with cling film.
- ☐ Whisk eggs and sugar continuously over a bowl of barely simmering water, until doubled in volume and thick (an electric whisk is ideal).
- ☐ Remove bowl from heat. Continue to whisk until completely cool; the whole process will take about 10 mins.
- ☐ Whisk the cream until just thick. Fold the egg mix into the cream until completely combined, then fold in the meringue.
- ☐ Pour the raspberry pure over the mix in a zigzag, then gently pour into the lined loaf tin. Freeze for minimum 4 hrs and serve in slices with the remaining whole raspberries.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:6.0373912583227%

Flavonoids

Cyanidin: 20.02mg, Cyanidin: 20.02mg, Cyanidin: 20.02mg, Cyanidin: 20.02mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.54mg, Epicatechin: 1.54mg, Epicatechin: 1.54mg, Epicatechin: 1.54mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 216.19kcal (10.81%), Fat: 14.75g (22.69%), Saturated Fat: 8.74g (54.62%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 15.94g (5.8%), Sugar: 15.17g (16.85%), Cholesterol: 101.73mg (33.91%), Sodium: 37.02mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Manganese: 0.31mg (15.42%), Vitamin C: 11.68mg

(14.15%), Vitamin A: 628.5IU (12.57%), Fiber: 2.85g (11.41%), Vitamin B2: 0.16mg (9.37%), Selenium: 6.53µg (9.33%), Phosphorus: 67.04mg (6.7%), Vitamin D: 0.9µg (6.01%), Vitamin E: 0.88mg (5.88%), Calcium: 54.17mg (5.42%), Vitamin B5: 0.51mg (5.06%), Folate: 18.54µg (4.64%), Vitamin K: 4.61µg (4.39%), Potassium: 139.94mg (4%), Iron: 0.72mg (3.99%), Magnesium: 15.36mg (3.84%), Vitamin B6: 0.07mg (3.5%), Vitamin B12: 0.2µg (3.4%), Zinc: 0.49mg (3.26%), Copper: 0.06mg (3.09%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.31mg (1.57%)