



Crushed raspberry creams

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 50 g brown sugar
- ☐ 200 g crème fraîche
- ☐ 150 g greek yogurt 0%
- ☐ 3 large reese's pieces peanut butter pastel eggs homemade bought
- ☐ 250 g raspberries

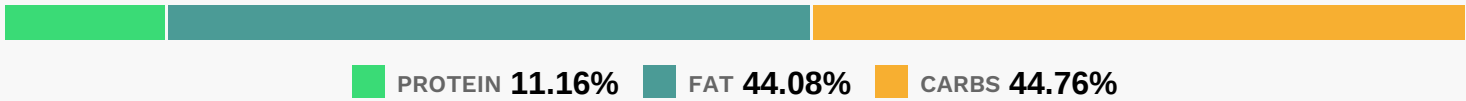
Equipment

- ☐ bowl

Directions

- ☐
- In a small bowl stir a sprinkling of the sugar in with the raspberries, crushing them very slightly as you stir, but still leaving them more or less whole. In a separate bowl fold the crme frache and yogurt together with the remaining sugar and the meringue pieces.
- ☐
- Divide the raspberries among four small glasses, top with the creamy meringue mixture. The raspberry pots can be eaten straight away or will keep in the fridge for up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:7.3660869805709%

Flavonoids

Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 204.86kcal (10.24%), Fat: 10.39g (15.99%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 19.66g (7.15%), Sugar: 18.14g (20.15%), Cholesterol: 31.38mg (10.46%), Sodium: 34.29mg (1.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Manganese: 0.44mg (22.11%), Vitamin C: 16.83mg (20.39%), Fiber: 4.08g (16.32%), Vitamin B2: 0.21mg (12.61%), Calcium: 118.54mg (11.85%), Phosphorus: 108.87mg (10.89%), Selenium: 5.84µg (8.35%), Vitamin A: 333.63IU (6.67%), Potassium: 228.53mg (6.53%), Vitamin B12: 0.37µg (6.14%), Magnesium: 24.53mg (6.13%), Vitamin K: 5.66µg (5.39%), Vitamin B5: 0.52mg (5.18%), Vitamin E: 0.74mg (4.96%), Folate: 19.2µg (4.8%), Zinc: 0.64mg (4.25%), Vitamin B6: 0.08mg (4.23%), Copper: 0.08mg (4%), Iron: 0.58mg (3.25%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.62%)