



Eton Mess

READY IN



60 min.

SERVINGS



6

CALORIES



820 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound blueberries
- ☐ 0.3 cup powdered sugar
- ☐ 3 cups grands flaky refrigerator biscuits crumbled
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 pound strawberries hulled quartered
- ☐ 3 tablespoons sugar

Equipment

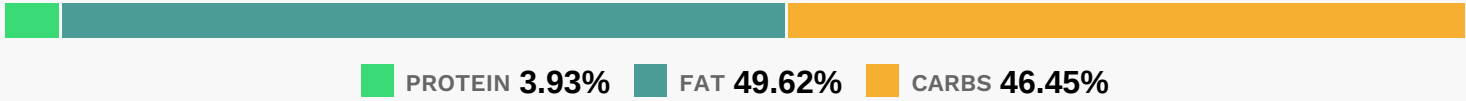
- ☐ bowl

- ☐ whisk
- ☐ canning jar

Directions

- ☐ Gently stir together strawberries, blueberries, and granulated sugar in a large bowl. Cover, and let stand at room temperature until juices are released, at least 30 minutes (or refrigerate overnight).
- ☐ Give the berries a stir, so that the juices mix with the berries.
- ☐ Whisk together cream and confectioners' sugar in a large bowl until soft peaks form.
- ☐ Gently fold in the cookies until combined.
- ☐ To serve, take 6 half-pint mason jars (or teacups, or parfait cups). Spoon in a generous dollop of the cream-and-cookie mixture, and then spoon a layer of berries on top.
- ☐ Add a second layer of the cookie-and-cream mixture and finish off with a spoonful of berries for a pretty finish. Repeat with the remaining jars or serving cups.
- ☐ Serve immediately, or freeze for up to 2 days (allowing 1/2 hour to defrost before serving).

Nutrition Facts



Properties

Glycemic Index:35.68, Glycemic Load:54.14, Inflammation Score:-7, Nutrition Score:16.418260843857%

Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Petunidin: 6.04mg, Petunidin: 6.04mg, Petunidin: 6.04mg, Petunidin: 6.04mg Delphinidin: 6.93mg, Delphinidin: 6.93mg, Delphinidin: 6.93mg, Delphinidin: 6.93mg Malvidin: 12.78mg, Malvidin: 12.78mg, Malvidin: 12.78mg, Malvidin: 12.78mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 3.87mg, Peonidin: 3.87mg, Peonidin: 3.87mg, Peonidin: 3.87mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg

0.69mg, Kaempferol: 0.69mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg
Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 820.41kcal (41.02%), Fat: 45.62g (70.19%), Saturated Fat: 18.72g (117.01%), Carbohydrates: 96.11g (32.04%),
Net Carbohydrates: 92.61g (33.68%), Sugar: 43.17g (47.96%), Cholesterol: 44.82mg (14.94%), Sodium: 429.39mg
(18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.25%), Vitamin C: 46.52mg (56.39%),
Manganese: 0.86mg (43.12%), Vitamin B1: 0.45mg (30.04%), Folate: 116.68µg (29.17%), Vitamin B2: 0.47mg
(27.79%), Vitamin E: 3.58mg (23.86%), Iron: 3.93mg (21.85%), Vitamin B3: 4.28mg (21.38%), Vitamin K: 19.59µg
(18.66%), Vitamin A: 704.11IU (14.08%), Fiber: 3.5g (14.01%), Selenium: 8.91µg (12.73%), Phosphorus: 121.49mg
(12.15%), Copper: 0.16mg (7.93%), Potassium: 272.22mg (7.78%), Magnesium: 30.3mg (7.57%), Vitamin B6: 0.14mg
(7.16%), Vitamin B5: 0.58mg (5.76%), Calcium: 54.9mg (5.49%), Zinc: 0.81mg (5.41%), Vitamin D: 0.63µg (4.23%),
Vitamin B12: 0.06µg (1.06%)