

Flummeries

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 2 cups heavy cream
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 8 servings garnish: raspberries fresh
- ☐ 0.5 cup cooking sherry sweet
- ☐ 0.3 cup sugar

Equipment

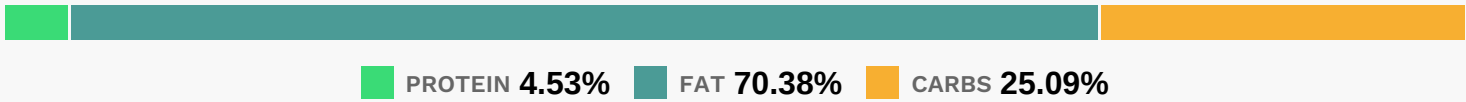
- ☐ bowl

☐ sieve

Directions

- ☐ Sprinkle gelatin over Sherry in a small bowl to soften.
- ☐ Heat cream, sugar, and zest, stirring until sugar is dissolved, and remove from heat. Stir in gelatin mixture until dissolved.
- ☐ Pour through a fine sieve into a large glass measure and pour into 8 (1/4-cup) molds. Cool flummeries completely and chill, covered, 6 hours. To unmold flummeries, dip molds, 1 at a time, into a bowl of hot water 2 seconds and gently pull edges away from molds with your fingertips. Invert desserts onto plates.
- ☐ • Flummeries keep (in molds), covered and chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:13.89, Glycemic Load:6.72, Inflammation Score:-6, Nutrition Score:6.6299999123034%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 280.93kcal (14.05%), Fat: 21.9g (33.69%), Saturated Fat: 13.7g (85.61%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 13.63g (4.96%), Sugar: 12.86g (14.29%), Cholesterol: 67.24mg (22.41%), Sodium: 19.23mg (0.84%), Alcohol: 1.54g (100%), Alcohol %: 1.36% (100%), Protein: 3.17g (6.35%), Manganese: 0.42mg (21.07%),

Vitamin C: 16.4mg (19.88%), Vitamin A: 894.58IU (17.89%), Fiber: 3.93g (15.71%), Vitamin B2: 0.14mg (8.28%), Vitamin E: 1.07mg (7.13%), Vitamin D: 0.95µg (6.35%), Vitamin K: 6.64µg (6.33%), Calcium: 56.52mg (5.65%), Phosphorus: 54.98mg (5.5%), Magnesium: 19.09mg (4.77%), Potassium: 158.48mg (4.53%), Copper: 0.08mg (4.04%), Folate: 15.43µg (3.86%), Vitamin B5: 0.36mg (3.58%), Selenium: 2.32µg (3.31%), Vitamin B6: 0.06mg (3.09%), Iron: 0.53mg (2.94%), Zinc: 0.42mg (2.77%), Vitamin B1: 0.03mg (2.15%), Vitamin B3: 0.41mg (2.07%), Vitamin B12: 0.1µg (1.59%)