



Fresh Berries with Creamy Peach Topping

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 cup blackberries fresh
- 0.5 teaspoon juice of lemon
- 0.3 cup cup heavy whipping cream sour low-fat
- 1 cup peaches fresh thawed sliced
- 3 cups strawberry halves fresh

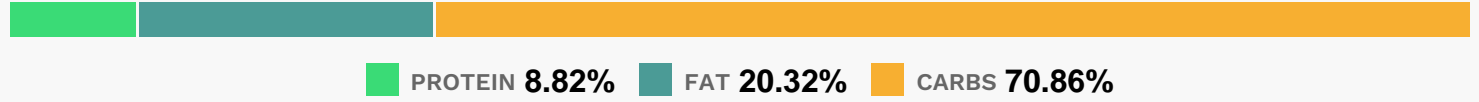
Equipment

- blender

Directions

- Combine first 4 ingredients in a blender; process until smooth.
- Spoon 2/3 cup berries into each of 6 dessert dishes. Spoon peach mixture evenly over berries.

Nutrition Facts



Properties

Glycemic Index:17.54, Glycemic Load:2.78, Inflammation Score:-5, Nutrition Score:6.8256522080173%

Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18mg, Pelargonidin: 18mg, Pelargonidin: 18mg, Pelargonidin: 18mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 12.4mg, Catechin: 12.4mg, Catechin: 12.4mg, Catechin: 12.4mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 57.26kcal (2.86%), Fat: 1.42g (2.18%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 8.04g (2.92%), Sugar: 6.88g (7.64%), Cholesterol: 3.35mg (1.12%), Sodium: 12.26mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin C: 48.68mg (59%), Manganese: 0.45mg (22.43%), Fiber: 3.1g (12.39%), Vitamin K: 7.15µg (6.81%), Folate: 25.96µg (6.49%), Potassium: 201.1mg (5.75%), Copper: 0.1mg (4.79%), Vitamin E: 0.71mg (4.71%), Magnesium: 17.2mg (4.3%), Vitamin A: 175.13IU (3.5%), Phosphorus: 35.04mg (3.5%), Calcium: 33.04mg (3.3%), Vitamin B3: 0.65mg (3.23%), Iron: 0.54mg (2.99%), Vitamin B6: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.34mg (2.23%), Vitamin B1: 0.03mg (2.14%), Vitamin B5: 0.2mg (1.96%), Selenium: 1.22µg (1.74%)