



Fresh Berries with Ricotta Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 4 ice such as pansies or nasturtiums
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 cup maple syrup
- ☐ 4 small mint leaves
- ☐ 2 cups ricotta cheese (per ounce) reduced-fat
- ☐ 1 cup strawberries fresh sliced
- ☐ 1 teaspoon vanilla extract

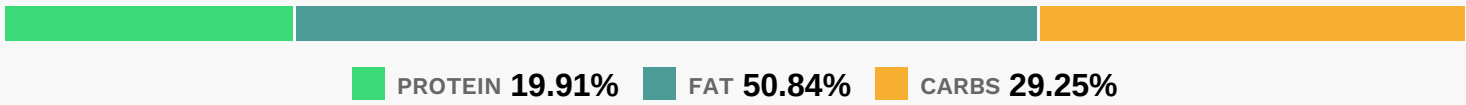
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Purée strawberries with apple juice in a blender until smooth. Spoon equal amounts of berry sauce into 4 cocktail or parfait glasses.
- ☐ Combine ricotta cream ingredients in a blender or food processor. Process until mixture is smooth, about 30 seconds. Spoon 1/4 of the ricotta cream into each glass and top with 1/4 cup strawberry slices. Refrigerate until ready to serve.
- ☐ Garnish each with a mint sprig and an edible flower, if desired, before serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:6.79, Inflammation Score:-5, Nutrition Score:10.807391270347%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 287.2kcal (14.36%), Fat: 16.22g (24.96%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.83g (7.21%), Sugar: 14.33g (15.93%), Cholesterol: 63.24mg (21.08%), Sodium: 106.94mg (4.65%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 14.3g (28.59%), Manganese: 0.71mg (35.53%), Vitamin B2: 0.51mg (30.08%), Calcium: 294.05mg (29.4%), Vitamin C: 23.35mg (28.31%), Selenium: 18.16µg (25.94%), Phosphorus: 206.77mg (20.68%), Vitamin A: 639.52IU (12.79%), Zinc: 1.65mg (11.02%), Vitamin B12: 0.42µg (7.03%), Potassium: 244.95mg (7%), Folate: 26µg (6.5%), Magnesium: 24.4mg (6.1%), Fiber: 1.17g (4.69%), Iron: 0.76mg (4.2%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.32mg (3.18%), Vitamin B1: 0.04mg (2.7%), Copper: 0.05mg (2.5%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.25mg (1.7%), Vitamin D: 0.25µg (1.65%), Vitamin B3: 0.33mg (1.65%)