



Frozen blackberry fool

READY IN



10 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

Ingredients

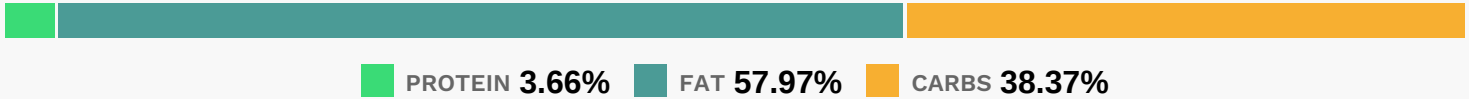
- ☐ 300 g blackberries
- ☐ 1 juice of lemon
- ☐ 85 g brown sugar
- ☐ 300 ml double cream
- ☐ 6 servings shortbread cookies

Equipment

Directions

- ☐
- Mash most of the blackberries with the lemon juice and half the sugar. Whip the cream with the remaining sugar. Fold the whipped cream and blackberry mix together to make a mauve cream, then tip into a freezer container and freeze until set.
- ☐
- Serve in scoops in glasses, with the shortbread and remaining blackberries on the side.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:11.74, Inflammation Score:-6, Nutrition Score:8.0991304283557%

Flavonoids

Cyanidin: 49.97mg, Cyanidin: 49.97mg, Cyanidin: 49.97mg, Cyanidin: 49.97mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 18.53mg, Catechin: 18.53mg, Catechin: 18.53mg, Catechin: 18.53mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 391.37kcal (19.57%), Fat: 25.75g (39.62%), Saturated Fat: 13.85g (86.54%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 35.31g (12.84%), Sugar: 23.82g (26.47%), Cholesterol: 56.84mg (18.95%), Sodium: 116.94mg (5.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.45mg (22.65%), Vitamin A: 870.77IU (17.42%), Vitamin C: 12.74mg (15.44%), Vitamin K: 14.59µg (13.89%), Fiber: 3.03g (12.12%), Vitamin E: 1.74mg (11.59%), Vitamin B2: 0.2mg (11.54%), Folate: 38.33µg (9.58%), Vitamin B1: 0.12mg (8.01%), Iron: 1.3mg (7.22%), Vitamin B3: 1.29mg (6.47%), Calcium: 63.4mg (6.34%), Copper: 0.12mg (6.03%), Phosphorus: 59.62mg (5.96%), Vitamin D: 0.8µg (5.37%), Selenium: 3.62µg (5.17%), Potassium: 177.42mg (5.07%), Magnesium: 19.02mg (4.75%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.53mg (3.53%), Vitamin B6: 0.06mg (3.03%), Vitamin B12: 0.08µg (1.34%)