



Frozen Meyer Lemon Cream with Blackberry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 1 cup blackberries unsweetened frozen thawed
- ☐ 1 tablespoon plus light
- ☐ 3 large egg yolks
- ☐ 1 cup heavy whipping cream chilled
- ☐ 1.8 teaspoons meyer lemon peel divided finely grated
- ☐ 5 tablespoons strained meyer lemon juice fresh
- ☐ 0.5 cup sugar

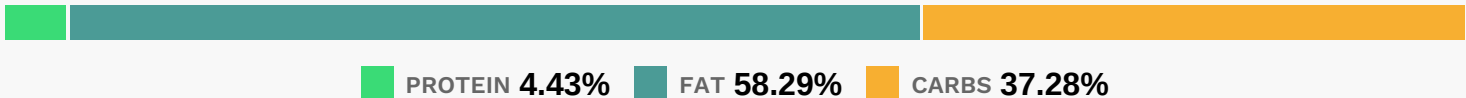
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Whisk 1/2 cup sugar, 5 tablespoons lemon juice, egg yolks, and corn syrup in small metal bowl to blend. Set bowl over saucepan of boiling water; whisk until mixture is thick and fluffy and thermometer inserted into mixture registers 180°F, about 3 minutes.
- ☐ Place bowl with yolk mixture over larger bowl filled with ice and water until mixture is cool, stirring occasionally, about 8 minutes.
- ☐ Meanwhile, using electric mixer, beat cream, 1 1/2 teaspoons lemon peel, and 1 tablespoon sugar in medium bowl until stiff peaks form. Fold cooled yolk mixture into cream in 3 additions. Cover and freeze until firm, about 4 hours.
- ☐ Mix berries and any accumulated juices, remaining 1 tablespoon sugar, 1 1/2 teaspoons lemon juice, and 1/4 teaspoon lemon peel in small bowl; let stand 10 minutes. Coarsely mash half of berries in bowl to thicken juices. Scoop lemon cream into small bowls. Top each with 1 rounded tablespoon berry sauce and serve.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:12.45, Inflammation Score:-5, Nutrition Score:5.2843478555265%

Flavonoids

Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg, Cyanidin: 23.99mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.12mg, Epicatechin:

1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 250.27kcal (12.51%), Fat: 16.78g (25.82%), Saturated Fat: 9.94g (62.15%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 22.8g (8.29%), Sugar: 22.18g (24.64%), Cholesterol: 136.62mg (45.54%), Sodium: 17.62mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin A: 758.1IU (15.16%), Vitamin C: 10.88mg (13.18%), Selenium: 6.19µg (8.84%), Manganese: 0.16mg (8.14%), Vitamin B2: 0.13mg (7.71%), Vitamin D: 1.09µg (7.29%), Phosphorus: 62.67mg (6.27%), Vitamin E: 0.89mg (5.91%), Vitamin K: 6.08µg (5.79%), Folate: 22.65µg (5.66%), Fiber: 1.35g (5.4%), Calcium: 45.87mg (4.59%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.23µg (3.82%), Zinc: 0.44mg (2.95%), Potassium: 101.06mg (2.89%), Vitamin B6: 0.06mg (2.89%), Copper: 0.05mg (2.71%), Iron: 0.45mg (2.49%), Vitamin B1: 0.03mg (2.23%), Magnesium: 8.9mg (2.23%)