



Fruit pots



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g madeira cake cut into small cubes
- ☐ 50 g almond roughly chopped
- ☐ 2 tbsp brandy
- ☐ 390 g cherry compote (or apricot or rhubarb)
- ☐ 300 g vanilla-flavoured custard
- ☐ 40 g bars nut brittle

Equipment

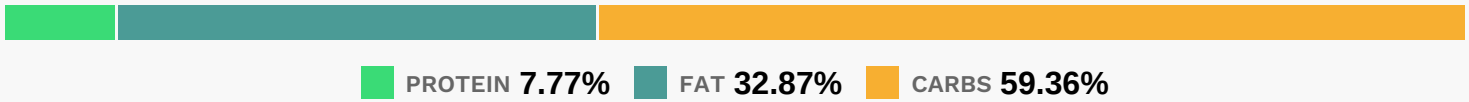
- ☐ food processor

☐ bowl

Directions

- ☐ Tip the madeira cake and nuts into a medium bowl.
- ☐ Drizzle over the brandy and stir well. Divide the mixture between 6 large tumblers, then top with compote and custard.
- ☐ Break the bars of nut brittle into a food processor and blitz until crushed quite finely. (You can prepare to this stage up to two hours before serving.)
- ☐ When ready to serve, sprinkle a thick layer of crushed brittle on top of each tumbler.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:9.629999935627%

Flavonoids

Cyanidin: 19.84mg, Cyanidin: 19.84mg, Cyanidin: 19.84mg, Cyanidin: 19.84mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 386.28kcal (19.31%), Fat: 9.78g (15.04%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 36.91g (13.42%), Sugar: 27.48g (30.53%), Cholesterol: 34mg (11.33%), Sodium: 212.43mg (9.24%), Alcohol: 18.87g (100%), Alcohol %: 14.21% (100%), Protein: 5.2g (10.4%), Manganese: 1.01mg (50.43%), Vitamin E: 2.88mg (19.21%), Vitamin B2: 0.27mg (15.82%), Phosphorus: 140.93mg (14.09%), Magnesium: 56.05mg (14.01%), Copper: 0.27mg (13.53%), Fiber: 2.82g (11.28%), Iron: 1.88mg (10.45%), Potassium: 352.28mg (10.07%), Vitamin B1: 0.15mg (9.71%), Vitamin B3: 1.55mg (7.75%), Zinc: 0.96mg (6.42%), Calcium: 60.77mg (6.08%), Folate: 24.2µg (6.05%), Vitamin C: 4.6mg (5.58%), Selenium: 3.42µg (4.89%), Vitamin K: 5.03µg (4.79%), Vitamin B6: 0.08mg (4%), Vitamin B5: 0.37mg (3.66%), Vitamin A: 94.95IU (1.9%), Vitamin B12: 0.08µg (1.33%)