



Gooseberry & elderflower fool



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 500 g gooseberry
- ☐ 3 tbsp sugar
- ☐ 4 tbsp campari
- ☐ 0.5 juice of lemon
- ☐ 350 ml double cream

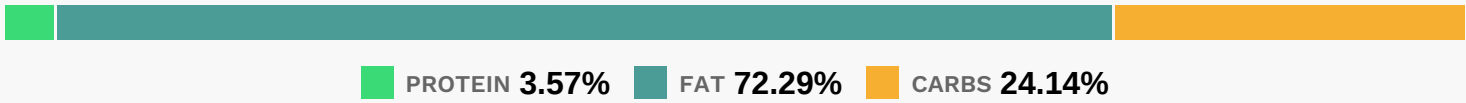
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Wash the gooseberries thoroughly, top and tail them, then place in a wide heavy-bottomed pan with the sugar, cordial and lemon juice. Simmer over a gentle heat until all the gooseberries have burst.
- ☐ Lightly crush with a fork, tip into a bowl to cool and chill for at least 2 hrs. This can be done up to 2 days ahead.
- ☐ Lightly whip the cream to a soft dropping consistency, then swirl in the cooked gooseberries to give a rippled effect. Spoon the fool into glasses and chill until you are ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:4.92, Inflammation Score:-6, Nutrition Score:6.1460869675097%

Flavonoids

Cyanidin: 7.28mg, Cyanidin: 7.28mg, Cyanidin: 7.28mg, Cyanidin: 7.28mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg

Nutrients (% of daily need)

Calories: 259.83kcal (12.99%), Fat: 21.69g (33.37%), Saturated Fat: 13.53g (84.56%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 12.71g (4.62%), Sugar: 7.76g (8.63%), Cholesterol: 66.31mg (22.1%), Sodium: 16.76mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 24.4mg (29.58%), Vitamin A: 1104.43IU (22.09%), Fiber: 3.59g (14.36%), Vitamin B2: 0.14mg (8.05%), Potassium: 223.44mg (6.38%), Vitamin D: 0.94µg (6.26%), Manganese: 0.12mg (6.06%), Calcium: 59.77mg (5.98%), Vitamin E: 0.85mg (5.68%), Phosphorus: 56.74mg (5.67%), Vitamin B6: 0.09mg (4.42%), Vitamin B5: 0.39mg (3.91%), Copper: 0.07mg (3.28%), Selenium: 2.3µg (3.28%), Magnesium: 12.59mg (3.15%), Vitamin B1: 0.05mg (3.04%), Folate: 7.85µg (1.96%), Iron: 0.32mg (1.79%), Vitamin K: 1.88µg (1.79%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.09µg (1.56%), Vitamin B3: 0.29mg (1.45%)