



Great British Fool

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 cup fruit compote
- ☐ 2.5 tablespoons granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 1 pound seasonal fruit trimmed (such as blackberries, raspberries, gooseberries, or rhubarb)

Equipment

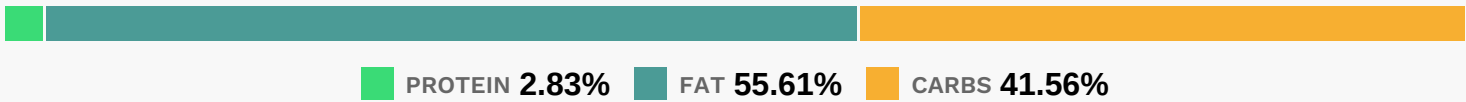
- ☐ sauce pan
- ☐ oven

☐ whisk

Directions

- ☐ To make the compote, preheat the oven to 350°F.
- ☐ Place the fruit in a large saucepan and sprinkle with the sugar.
- ☐ Add enough water to just cover and bring the mixture to a boil, letting, allowing the sugar to dissolve.
- ☐ Let the mixture simmer for 10–15 minutes, until the fruit has completely softened.
- ☐ Add the syrup, if using (elderflower works very well with gooseberries, and ginger is great with rhubarb). Check the compote for sweetness and add more sugar if you desire. Allow the compote to cool, then chill in the refrigerator for 30 minutes.
- ☐ Whisk the cream and confectioners' sugar together until soft peaks form (it should not be too thick), then fold in the compote. Divide the fool among 6 decorative glasses and serve.
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Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:3.49, Inflammation Score:-5, Nutrition Score:3.5543478727341%

Nutrients (% of daily need)

Calories: 224.91kcal (11.25%), Fat: 14.45g (22.23%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 22.46g (8.17%), Sugar: 20.4g (22.67%), Cholesterol: 44.82mg (14.94%), Sodium: 16.54mg (0.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin A: 930.7IU (18.61%), Fiber: 1.84g (7.37%), Vitamin K: 6.56µg (6.25%), Vitamin B2: 0.1mg (6.08%), Copper: 0.09mg (4.56%), Vitamin D: 0.63µg (4.23%), Potassium: 140.25mg (4.01%), Phosphorus: 36.82mg (3.68%), Vitamin C: 2.77mg (3.36%), Calcium: 32mg (3.2%), Vitamin E: 0.36mg (2.43%), Vitamin B3: 0.48mg (2.38%), Iron: 0.4mg (2.22%), Magnesium: 8.53mg (2.13%), Selenium: 1.23µg (1.75%), Vitamin B6: 0.03mg (1.61%), Manganese: 0.03mg (1.59%), Vitamin B5: 0.15mg (1.48%), Vitamin B1: 0.02mg (1.45%), Zinc: 0.2mg (1.33%), Vitamin B12: 0.06µg (1.06%)