



Honey Vanilla Fromage Blanc



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



8

CALORIES



510 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings berries such as raspberries and strawberries
- ☐ 8 servings citrus fruit such as oranges cut in segments
- ☐ 8 servings stone fruit such as peaches ripe
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup honey good
- ☐ 0.5 teaspoon lemon zest freshly grated
- ☐ 32 ounces fromage blanc
- ☐ 8 servings raspberry sauce

- ☐ 1 vanilla seeds scraped from vanilla bean
- ☐ 4 teaspoons vanilla extract pure

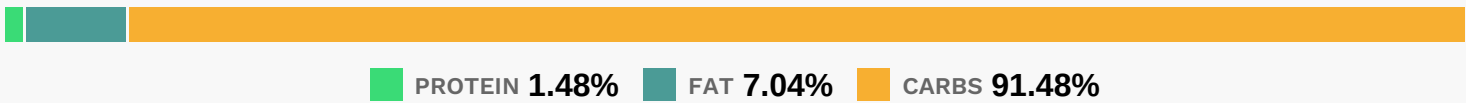
Equipment

- ☐ bowl

Directions

- ☐ Stir the fromage blanc, cream, honey, vanilla extract, lemon zest, and vanilla seeds together in a medium bowl. Refrigerate until ready to use.
- ☐ To assemble, spoon the fromage blanc mixture into shallow bowls.
- ☐ Place the fruit artfully on top and drizzle the dessert with raspberry sauce.
- ☐ Serve with extra raspberry sauce on the side. I find that some people like it less sweet with just a drizzle of sauce while others prefer more sauce.
- ☐ Note: Recipe was halved for TV

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:9.1, Inflammation Score:-7, Nutrition Score:5.2243478097346%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 509.54kcal (25.48%), Fat: 3.06g (4.71%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 89.51g (29.84%), Net Carbohydrates: 85.37g (31.04%), Sugar: 64.78g (71.98%), Cholesterol: 8.4mg (2.8%), Sodium: 22.88mg (0.99%), Alcohol: 19.97g (100%), Alcohol %: 6.01% (100%), Protein: 1.45g (2.9%), Vitamin A: 832.43IU (16.65%), Fiber: 4.14g (16.56%), Vitamin C: 10.76mg (13.04%), Vitamin K: 11.57µg (11.02%), Copper: 0.2mg (10.01%), Manganese: 0.15mg (7.53%), Potassium: 252.09mg (7.2%), Vitamin B2: 0.09mg (5.32%), Iron: 0.94mg (5.24%), Vitamin B3: 1.03mg

(5.17%), Magnesium: 14.62mg (3.66%), Phosphorus: 35.75mg (3.57%), Vitamin B6: 0.05mg (2.57%), Vitamin B1: 0.03mg (2.31%), Calcium: 20.78mg (2.08%), Zinc: 0.3mg (2.03%), Folate: 7.83µg (1.96%), Vitamin B5: 0.15mg (1.51%)