



Iced berries with white chocolate sauce



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients



350 g poached berries mixed such as raspberries, blueberries, tayberries and small strawberries that have been hulled and quartered



100 g chocolate white



2 tbsp double cream

Equipment



bowl

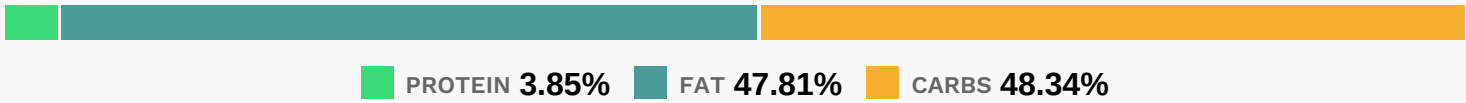


microwave

Directions

- ☐ Pile the berries into pretty glasses or onto plates and freeze for 20 mins press the fast-freeze button if you have one. The berries should become iced but not frozen solid.
- ☐ When ready, place the chocolate in a non-metallic bowl with the cream and microwave on High for 1 min. Check to see if it is soft enough to stir into a sauce, if not give it 30 secs, then stir again. Leave to cool slightly, stirring occasionally. To serve, pour the chocolate sauce over the iced berries.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:10.32, Inflammation Score:-3, Nutrition Score:4.0299999739813%

Flavonoids

Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg, Cyanidin: 3.82mg Petunidin: 15.89mg, Petunidin: 15.89mg, Petunidin: 15.89mg, Petunidin: 15.89mg Delphinidin: 18.89mg, Delphinidin: 18.89mg, Delphinidin: 18.89mg, Delphinidin: 18.89mg Malvidin: 43.44mg, Malvidin: 43.44mg, Malvidin: 43.44mg, Malvidin: 43.44mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 204.88kcal (10.24%), Fat: 11.29g (17.37%), Saturated Fat: 6.62g (41.38%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 23.28g (8.46%), Sugar: 22.36g (24.85%), Cholesterol: 13.73mg (4.57%), Sodium: 25.4mg (1.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin K: 16.86µg (16.06%), Fiber: 2.41g (9.65%), Vitamin B2: 0.12mg (6.88%), Manganese: 0.13mg (6.54%), Calcium: 61.7mg (6.17%), Phosphorus: 57.97mg (5.8%), Vitamin E: 0.73mg (4.86%), Potassium: 125.88mg (3.6%), Vitamin B6: 0.07mg (3.41%), Vitamin B3: 0.65mg (3.23%), Vitamin A: 158IU (3.16%), Vitamin B1: 0.05mg (3.02%), Vitamin C: 2.36mg (2.86%), Vitamin B5: 0.28mg (2.8%), Vitamin B12: 0.15µg (2.53%), Copper: 0.04mg (2.24%), Selenium: 1.44µg (2.05%), Folate: 8.18µg (2.04%), Magnesium: 7.9mg (1.98%), Zinc: 0.26mg (1.76%), Iron: 0.22mg (1.25%)