



Iced Blueberries in Sweet Cream



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 1 pint blueberries fresh
- ☐ 2 egg whites slightly beaten
- ☐ 2 tablespoons honey
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 pinch salt
- ☐ 2 teaspoons sugar

Equipment

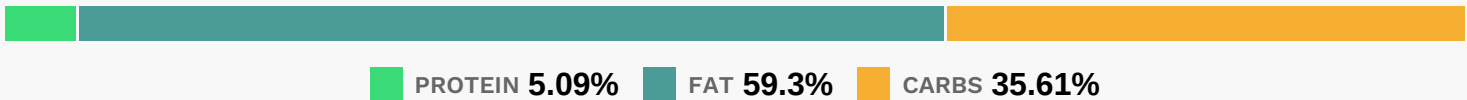
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ stove

Directions

- ☐ We prefer to start with fresh blueberries rather than frozen ones, because many frozen berries are often processed improperly. To get started, sort your blueberries, setting aside any overripe ones for immediate snacking. The key is to freeze the berries flat, using a plate or baking sheet in the freezer. After the berries are frozen, they can be transferred to a bag and stored for up to six months.
- ☐ While the berries are freezing, combine the egg whites and 1 cup of the milk in a pan on the stovetop, and bring to just under a boil, whisking all the while.
- ☐ Let it simmer for around 5 minutes, then add the honey and salt. After simmering for another minute or two, strain the mixture into a bowl.
- ☐ Add the remaining milk and sugar.
- ☐ Pour the sauce into a pitcher or serving dish and chill; it will thicken as it chills.
- ☐ Pour the cooled sweet cream over the frozen berries to serve.

Nutrition Facts



Properties

Glycemic Index:40.59, Glycemic Load:11.63, Inflammation Score:-7, Nutrition Score:7.3734782467718%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg

Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 317.15kcal (15.86%), Fat: 21.9g (33.7%), Saturated Fat: 13.72g (85.74%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 26.74g (9.72%), Sugar: 24.24g (26.94%), Cholesterol: 67.24mg (22.41%), Sodium: 52.28mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin K: 24.73µg (23.56%), Manganese: 0.41mg (20.41%), Vitamin A: 938.53IU (18.77%), Vitamin C: 11.88mg (14.4%), Vitamin B2: 0.23mg (13.56%), Fiber: 2.86g (11.44%), Vitamin E: 1.22mg (8.14%), Selenium: 5µg (7.14%), Vitamin D: 0.95µg (6.35%), Phosphorus: 51.38mg (5.14%), Potassium: 177.56mg (5.07%), Calcium: 48.07mg (4.81%), Vitamin B6: 0.09mg (4.28%), Copper: 0.08mg (4.07%), Vitamin B1: 0.06mg (3.75%), Vitamin B5: 0.33mg (3.34%), Magnesium: 13.12mg (3.28%), Vitamin B3: 0.56mg (2.81%), Folate: 10.29µg (2.57%), Iron: 0.45mg (2.49%), Zinc: 0.36mg (2.4%), Vitamin B12: 0.11µg (1.81%)