



Iced coconut & lime slice with summer fruit



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

Ingredients

- ☐ 300 ml double cream
- ☐ 85 g brown sugar
- ☐ 250 ml full fat coconut cream
- ☐ 1 lime zest
- ☐ 800 g strawberries mixed red (we used strawberries, raspberries and redcurrants)
- ☐ 2 tbsp brown sugar
- ☐ 1 juice of lime

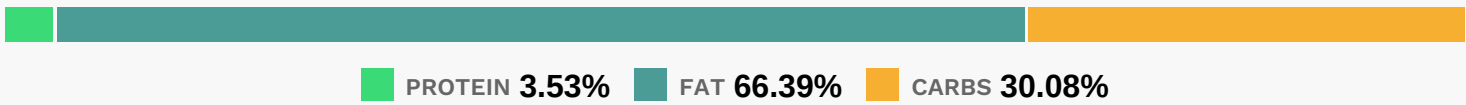
Equipment

- ☐ knife
- ☐ whisk

Directions

- ☐ Line a 900g loaf tin with enough cling film to allow you to wrap the sides over the top of the tin later on.
- ☐ Whisk cream with the sugar until it holds peaks.
- ☐ Whisk in coconut cream and the lime juice and zest until it holds its shape again. Tip into tin and smooth the top, wrap the cling film back over and place in the freezer for at least 4 hrs but preferably overnight. Can be made up to 2 weeks ahead.
- ☐ Before serving, toss all the fruit with the sugar and the lime and set aside. When ready to serve, take the slice out of the freezer (don't take it out sooner as you would with most other frozen desserts). Unmould the slice onto a long, chilled platter, then use a knife dipped in very hot water to cut thick portions.
- ☐ Serve on chilled serving plates with the fruit spooned around.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:3.3, Inflammation Score:-7, Nutrition Score:13.515652288561%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 33.13mg, Pelargonidin: 33.13mg, Pelargonidin: 33.13mg, Pelargonidin: 33.13mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 426.8kcal (21.34%), Fat: 33.24g (51.14%), Saturated Fat: 24.59g (153.69%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 29.97g (10.9%), Sugar: 25.88g (28.76%), Cholesterol: 56.84mg (18.95%), Sodium: 22.01mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Vitamin C: 84.63mg (102.59%), Manganese: 1.08mg (53.99%), Fiber: 3.93g (15.72%), Vitamin A: 763.47IU (15.27%), Copper: 0.25mg (12.32%), Potassium: 430.55mg (12.3%), Phosphorus: 116.18mg (11.62%), Folate: 45.31µg (11.33%), Iron: 1.76mg (9.78%), Magnesium: 35.39mg (8.85%), Calcium: 78.64mg (7.86%), Vitamin B2: 0.13mg (7.46%), Vitamin E: 0.88mg (5.9%), Vitamin B6: 0.11mg (5.71%), Vitamin D: 0.8µg (5.37%), Zinc: 0.73mg (4.9%), Vitamin B3: 0.97mg (4.86%), Vitamin B5: 0.46mg (4.6%), Vitamin K: 4.64µg (4.42%), Vitamin B1: 0.06mg (3.96%), Selenium: 2.31µg (3.3%), Vitamin B12: 0.08µg (1.34%)