



WHATSheATE



Iced Maple Cream with Berries



Vegetarian



Gluten Free

READY IN



380 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients



3 large egg yolks



0.3 teaspoon maple extract



0.3 cup maple syrup pure



3 cups poached berries mixed (such as blackberries, raspberries, and blueberries)



2 tablespoons raspberry jam



0.8 cup whipping cream chilled divided

Equipment



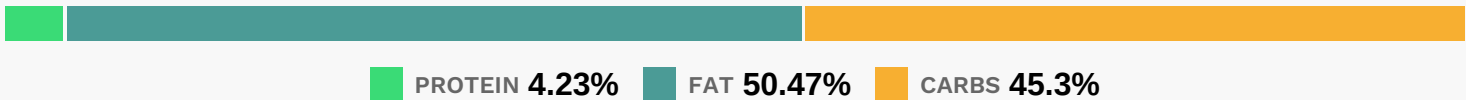
bowl

- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Whisk yolks, 1/4 cup cream, and syrup in medium metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk constantly until candy thermometer registers 175°F, about 3 minutes.
- ☐ Remove bowl from over water. Using electric mixer, beat mixture until cool and thick, about 3 minutes.
- ☐ Whip remaining 1/2 cup cream and maple extract in large bowl to soft peaks. Fold whipped cream into yolk mixture. Cover and freeze maple cream until firm, at least 6 hours or overnight.
- ☐ Whisk jam in medium bowl to loosen.
- ☐ Add berries; toss to coat and let stand 15 minutes. Spoon berry mixture into dishes; top with maple cream.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:6.89, Inflammation Score:-4, Nutrition Score:6.6995652343916%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 234.88kcal (11.74%), Fat: 13.49g (20.76%), Saturated Fat: 7.7g (48.1%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 25.09g (9.12%), Sugar: 21.42g (23.8%), Cholesterol: 125.42mg (41.81%), Sodium: 16.63mg (0.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Manganese: 0.53mg (26.65%), Vitamin B2: 0.36mg (21.28%), Vitamin K: 13.72µg (13.07%), Vitamin A: 595.54IU (11.91%), Fiber: 2.17g (8.66%), Selenium: 5.86µg (8.38%), Vitamin D: 0.94µg (6.23%), Phosphorus: 60.2mg (6.02%), Vitamin E: 0.87mg (5.82%), Calcium: 57.63mg (5.76%), Folate: 19.76µg (4.94%), Vitamin B6: 0.09mg (4.36%), Vitamin B5: 0.43mg (4.28%), Vitamin B1: 0.06mg (3.91%), Vitamin B12: 0.21µg (3.56%), Potassium: 124.76mg (3.56%), Vitamin C: 2.7mg (3.28%), Zinc: 0.45mg (3%), Magnesium: 10.41mg (2.6%), Iron: 0.45mg (2.52%), Vitamin B3: 0.44mg (2.2%), Copper: 0.04mg (2.1%)