



Iced raspberry cranachan



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 50 g oatmeal
- ☐ 25 g brown sugar soft
- ☐ 350 g raspberries
- ☐ 2 tbsp irish whiskey
- ☐ 3 large eggs
- ☐ 100 ml clear honey
- ☐ 300 ml double cream

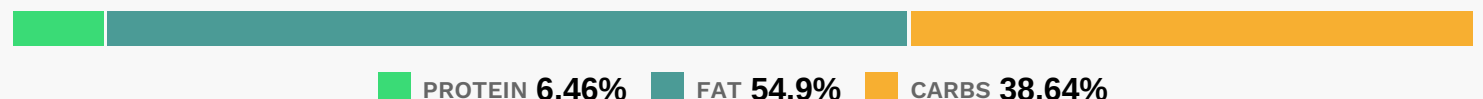
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Spread the oatmeal and sugar evenly over a tray lined with foil. Toast under a medium grill for 10–15 mins, until browned and caramelised stir regularly to prevent the mix from burning and sticking. Leave to cool on the tray before peeling off. Break into small chunks and set aside. Grease and line a 900g loaf with cling film, making sure that it does not tear.
- ☐ Push the raspberries through a sieve into a bowl to remove any seeds and create a pure. Stir in the whisky, if using, and set aside.
- ☐ Whisk the eggs and honey in a large bowl over a pan of barely simmering water until pale, thick and roughly doubled in volume, then remove from the heat.
- ☐ Whip the cream in a separate bowl until it is thick and just stands in soft peaks. Fold the egg mixture into the cream, followed by the oatmeal chunks. Carefully stir through the raspberry pure in a zig-zag so that you get a rippled effect.
- ☐ Pour the mix into the prepared tin, cover with more cling film and put in the freezer for 10–12 hrs (or overnight) until set.
- ☐ To serve, remove from the freezer, unwrap the top layer of cling film and turn onto your serving plate. Tease out the iced mixture using the cling film.
- ☐ Cut into slices and serve immediately.
- ☐ Sprinkle with whole raspberries and make extra pure to serve alongside, if you like.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:5.8, Inflammation Score:-3, Nutrition Score:4.3869565103365%

Flavonoids

Cyanidin: 13.35mg, Cyanidin: 13.35mg, Cyanidin: 13.35mg, Cyanidin: 13.35mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 171.97kcal (8.6%), Fat: 10.52g (16.19%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 14.67g (5.33%), Sugar: 13.91g (15.45%), Cholesterol: 74.92mg (24.97%), Sodium: 26.06mg (1.13%), Alcohol: 0.9g (100%), Alcohol %: 1.3% (100%), Protein: 2.78g (5.57%), Manganese: 0.23mg (11.72%), Vitamin C: 7.85mg (9.52%), Vitamin A: 446.82IU (8.94%), Fiber: 1.99g (7.96%), Selenium: 5µg (7.14%), Vitamin B2: 0.12mg (7.1%), Phosphorus: 51.64mg (5.16%), Vitamin D: 0.65µg (4.35%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.38mg (3.76%), Folate: 13.52µg (3.38%), Calcium: 33.71mg (3.37%), Iron: 0.55mg (3.04%), Vitamin K: 3.13µg (2.98%), Magnesium: 11.23mg (2.81%), Potassium: 97.11mg (2.77%), Zinc: 0.41mg (2.75%), Vitamin B12: 0.15µg (2.52%), Vitamin B6: 0.05mg (2.5%), Copper: 0.05mg (2.34%), Vitamin B1: 0.02mg (1.52%), Vitamin B3: 0.23mg (1.14%)