



Lemon Bavarian Cream with Raspberry Sauce

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 3 oz gelatin powder lemon-flavored
- ☐ 0.8 cup water boiling
- ☐ 2 cups ice cubes
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon
- ☐ 2 cups cool whip frozen thawed
- ☐ 10 oz raspberries frozen thawed
- ☐ 1 tablespoon powdered sugar

- ☐ 1 serving raspberries fresh
- ☐ 1 leaves mint leaves fresh

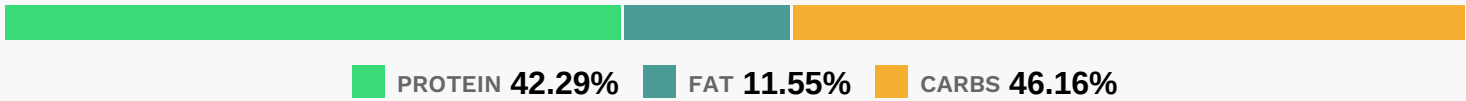
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ slotted spoon

Directions

- ☐ In medium bowl, dissolve gelatin in boiling water.
- ☐ Add ice cubes; stir about 2 minutes or until gelatin begins to thicken. With slotted spoon, remove any unmelted ice. Stir in lemon peel and lemon juice.
- ☐ With wire whisk or electric mixer at low speed, thoroughly blend whipped topping into gelatin. Refrigerate until set, about 1 hour.
- ☐ Meanwhile, in blender or food processor, place raspberries and powdered sugar. Cover; blend until smooth.
- ☐ Place strainer over small bowl; pour berry mixture into strainer. Press mixture with back of spoon through strainer to remove seeds; discard seeds.
- ☐ Into each of 4 dessert dishes, spoon about 1/2 cup lemon mixture. Top each with 2 to 3 tablespoons sauce.
- ☐ Garnish with fresh berries and mint.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:6.6730434687241%

Flavonoids

Cyanidin: 26.2mg, Cyanidin: 26.2mg, Cyanidin: 26.2mg, Cyanidin: 26.2mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 121.11kcal (6.06%), Fat: 1.65g (2.54%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 10.94g (3.98%), Sugar: 7.99g (8.88%), Cholesterol: 4mg (1.33%), Sodium: 51.9mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Vitamin C: 17.8mg (21.57%), Manganese: 0.4mg (19.96%), Copper: 0.38mg (19.07%), Fiber: 3.91g (15.63%), Vitamin B2: 0.21mg (12.39%), Selenium: 6.48µg (9.26%), Vitamin B12: 0.37µg (6.17%), Folate: 21.62µg (5.41%), Calcium: 53.59mg (5.36%), Magnesium: 19.2mg (4.8%), Vitamin K: 4.54µg (4.32%), Vitamin B1: 0.06mg (4.03%), Phosphorus: 39.62mg (3.96%), Vitamin E: 0.53mg (3.53%), Potassium: 122mg (3.49%), Vitamin B6: 0.07mg (3.33%), Iron: 0.57mg (3.17%), Zinc: 0.35mg (2.35%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.21mg (2.15%), Vitamin A: 63.63IU (1.27%)