



## Lemon Cream with Blackberries

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

### Ingredients

- 1 tablespoon lemon zest grated
- 0.3 cup juice of lemon fresh
- 0.5 cup honey
- 12 ounces silken tofu firm drained
- 1 cup blackberries fresh

### Equipment

- bowl
- blender

spatula

## Directions

- Combine 2 1/2 teaspoons of the lemon zest, lemon juice, honey, and tofu in a blender.
- Puree ingredients until smooth, scraping down sides of blender with rubber spatula as necessary.
- Divide lemon cream evenly among four bowls or serving glasses.
- Garnish each portion with blackberries and reserved lemon zest.
- Serve immediately or refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:19.32, Glycemic Load:18.6, Inflammation Score:-4, Nutrition Score:5.3660869235578%

## Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 195.14kcal (9.76%), Fat: 2.51g (3.87%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 39.85g (14.49%), Sugar: 38.11g (42.34%), Cholesterol: 0mg (0%), Sodium: 6.55mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Vitamin C: 15.61mg (18.92%), Manganese: 0.27mg (13.41%), Copper: 0.25mg (12.73%), Fiber: 2.28g (9.13%), Magnesium: 33.85mg (8.46%), Potassium: 251.55mg (7.19%), Vitamin K: 7.13µg (6.79%), Vitamin B1: 0.1mg (6.45%), Phosphorus: 63.75mg (6.37%), Iron: 1.12mg (6.24%), Zinc: 0.74mg (4.92%), Calcium: 42.27mg (4.23%), Vitamin B2: 0.06mg (3.7%), Folate: 13.09µg (3.27%), Vitamin E: 0.45mg

(2.99%), Vitamin B3: 0.56mg (2.79%), Vitamin B6: 0.04mg (2%), Vitamin A: 78.71IU (1.57%), Vitamin B5: 0.15mg (1.53%)