



Macerated Berries with Whipped Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon balsamic vinegar
- ☐ 2.5 cups blueberries
- ☐ 3 tablespoons chop roasted peanuts chopped
- ☐ 2.5 tablespoons grand marnier orange-flavored (liqueur)
- ☐ 0.3 cup heavy whipping cream chilled
- ☐ 3.5 tablespoons honey
- ☐ 2.5 tablespoons mint leaves fresh
- ☐ 1 tablespoon powdered sugar

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4 cups strawberries sliced

Equipment

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bowl

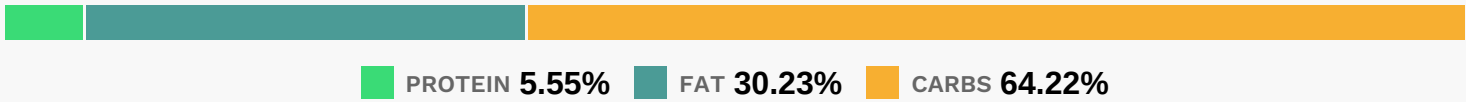
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blender

Directions

- ☐ Combine first 6 ingredients in a bowl. Cover and let stand at room temperature 1 hour.
- ☐ Place cream and sugar in a small bowl; beat with a mixer at high speed until stiff peaks form. Spoon over strawberry mixture; sprinkle with pistachios.
- ☐ Garnish with mint sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:7.86, Inflammation Score:0, Nutrition Score:7.4195652584667%

Flavonoids

Cyanidin: 5.12mg, Cyanidin: 5.12mg, Cyanidin: 5.12mg, Cyanidin: 5.12mg Petunidin: 14.66mg, Petunidin: 14.66mg, Petunidin: 14.66mg, Petunidin: 14.66mg Delphinidin: 16.61mg, Delphinidin: 16.61mg, Delphinidin: 16.61mg, Delphinidin: 16.61mg Malvidin: 31.27mg, Malvidin: 31.27mg, Malvidin: 31.27mg, Malvidin: 31.27mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 9.42mg, Peonidin: 9.42mg, Peonidin: 9.42mg, Peonidin: 9.42mg Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg

Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 144.47kcal (7.22%), Fat: 4.95g (7.61%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 20.63g (7.5%), Sugar: 18.63g (20.7%), Cholesterol: 8.4mg (2.8%), Sodium: 19.92mg (0.87%), Alcohol: 1.22g (100%), Alcohol %: 1.06% (100%), Protein: 2.04g (4.09%), Vitamin C: 47.41mg (57.47%), Manganese: 0.54mg (26.93%), Fiber: 3.01g (12.03%), Vitamin K: 10.75µg (10.24%), Folate: 25.95µg (6.49%), Potassium: 192.23mg (5.49%), Vitamin B3: 1.06mg (5.3%), Magnesium: 20.96mg (5.24%), Vitamin E: 0.73mg (4.84%), Copper: 0.09mg (4.42%), Phosphorus: 42.63mg (4.26%), Vitamin A: 209.32IU (4.19%), Vitamin B6: 0.08mg (4.11%), Vitamin B2: 0.06mg (3.8%), Iron: 0.62mg (3.42%), Vitamin B1: 0.04mg (2.87%), Calcium: 25.91mg (2.59%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.34mg (2.24%), Selenium: 1µg (1.43%)