



Maple Cream Berries and Walnut Ice Cream

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



702 kcal

DESSERT

Ingredients

- ☐ 2 pints poached berries mixed black blue halved
- ☐ 1 cinnamon sticks
- ☐ 1 cup heavy cream
- ☐ 1 pint maple walnut ice cream black
- ☐ 0.5 cup maple syrup
- ☐ 9 servings grates of nutmeg fresh

Equipment

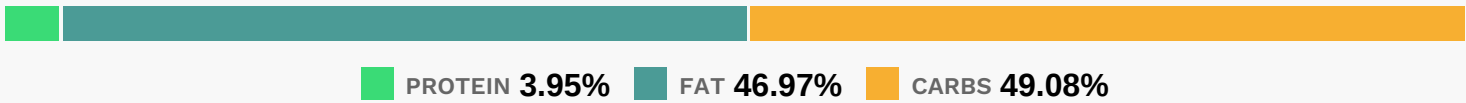
- ☐ bowl

☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine maple syrup, cinnamon stick, nutmeg and cream in a small pot, bring to a bubble, reduce heat to low and simmer for 20 minutes.
- ☐ Remove from heat and combine with berries.
- ☐ Serve warm berries in small bowls topped with scoops of ice cream.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:27.33, Inflammation Score:-8, Nutrition Score:18.803043386211%

Flavonoids

Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg Petunidin: 42.96mg, Petunidin: 42.96mg, Petunidin: 42.96mg, Petunidin: 42.96mg Delphinidin: 51.08mg, Delphinidin: 51.08mg, Delphinidin: 51.08mg, Delphinidin: 51.08mg Malvidin: 117.47mg, Malvidin: 117.47mg, Malvidin: 117.47mg, Malvidin: 117.47mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 4.26mg, Luteolin: 4.26mg, Luteolin: 4.26mg, Luteolin: 4.26mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 4.16mg, Myricetin: 4.16mg, Myricetin: 4.16mg, Myricetin: 4.16mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 702.29kcal (35.11%), Fat: 37.65g (57.92%), Saturated Fat: 23.01g (143.83%), Carbohydrates: 88.51g (29.5%), Net Carbohydrates: 79.9g (29.05%), Sugar: 72.23g (80.25%), Cholesterol: 119.28mg (39.76%), Sodium: 117.5mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Manganese: 1.57mg (78.35%), Vitamin B2: 1mg (58.67%), Vitamin K: 41.33µg (39.36%), Fiber: 8.62g (34.47%), Vitamin A: 1488.67IU (29.77%), Calcium: 270.53mg (27.05%), Phosphorus: 194.89mg (19.49%), Potassium: 529.77mg (15.14%), Vitamin E: 2.06mg (13.72%), Magnesium: 49.77mg (12.44%), Vitamin B1: 0.18mg (11.9%), Vitamin B5: 1.14mg (11.38%), Vitamin B6: 0.23mg (11.29%), Zinc: 1.52mg (10.13%), Vitamin B12: 0.56µg (9.28%), Vitamin C: 7.15mg (8.67%), Copper: 0.16mg (8.05%), Vitamin D: 1.19µg (7.92%), Vitamin B3: 1.51mg (7.54%), Folate: 28.33µg (7.08%), Selenium: 4.25µg (6.07%), Iron: 0.85mg (4.7%)