



Mascerated Berries with Vanilla Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 6 cups berries mixed fresh divided (scant 2 pounds)
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup sugar
- ☐ 1 vanilla extract halved lengthwise

Equipment

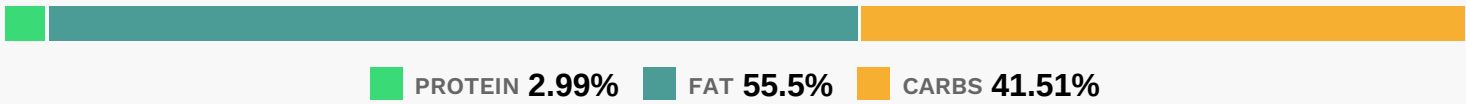
- ☐ bowl

- ☐ whisk
- ☐ hand mixer
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Using a potato masher or the back of a wooden spoon, mash 1 cup berries with sugar and orange juice in a large bowl until sugar begins to dissolve. Gently stir in remaining 5 cups berries; let sit at room temperature, tossing occasionally, until berries are juicy, 1–2 hours.
- ☐ Scrape seeds from vanilla bean into a medium bowl.
- ☐ Add chilled cream, sour cream, and sugar. Using a whisk or electric mixer, beat until soft peaks form. DO AHEAD: Cream can be made 30 minutes ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:20.35, Glycemic Load:6.37, Inflammation Score:-6, Nutrition Score:6.6695652681848%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg, Myricetin: 2.73mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 276.43kcal (13.82%), Fat: 17.84g (27.44%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 25.82g (9.39%), Sugar: 23.9g (26.55%), Cholesterol: 52.36mg (17.45%), Sodium: 16.42mg (0.71%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 2.16g (4.32%), Vitamin K: 26.89µg (25.61%), Fiber: 4.21g (16.82%), Vitamin A: 754.67IU (15.09%), Manganese: 0.23mg (11.59%), Vitamin C: 9.39mg (11.39%), Vitamin B2:

0.16mg (9.31%), Vitamin E: 1.16mg (7.74%), Vitamin B6: 0.11mg (5.74%), Calcium: 52.72mg (5.27%), Phosphorus: 51.53mg (5.15%), Vitamin B1: 0.07mg (4.63%), Potassium: 158.44mg (4.53%), Vitamin B3: 0.89mg (4.43%), Vitamin D: 0.63µg (4.23%), Folate: 16.3µg (4.08%), Vitamin B5: 0.36mg (3.58%), Magnesium: 12.96mg (3.24%), Copper: 0.06mg (3.15%), Selenium: 1.88µg (2.68%), Iron: 0.35mg (1.96%), Zinc: 0.25mg (1.68%), Vitamin B12: 0.09µg (1.5%)