



Mixed Berries with Lemon Verbena Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 4 cups poached berries fresh assorted (such as raspberries, blueberries, and boysenberries)
- ☐ 3 tablespoons lemon verbena leaves fresh divided chopped
- ☐ 0.3 cup sugar
- ☐ 4 servings additional sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons whipping cream chilled

Equipment

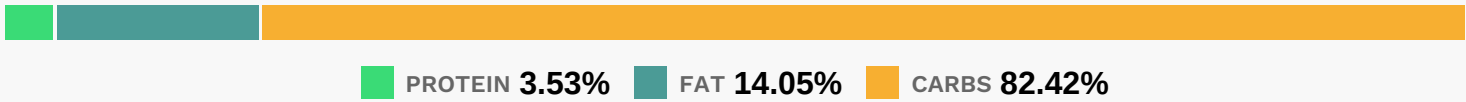
- ☐ bowl

☐ sauce pan

Directions

- ☐ Mix 1/4 cup water, 1/4 cup sugar, and 1 tablespoon lemon verbena in small saucepan. Bring to simmer over medium-high heat, stirring until sugar dissolves. Cover and cool completely. Strain syrup into bowl.
- ☐ Mix 2 tablespoons cream, 2 tablespoons sugar, and 2 tablespoons lemon verbena in small saucepan. Bring to simmer over medium heat, stirring until sugar dissolves. Cover and let cool 30 minutes. Strain into small bowl; chill.
- ☐ Stir in remaining 1 cup chilled cream.
- ☐ Whip verbena cream in medium bowl until peaks form. Divide whipped verbena cream among 4 small bowls. Toss berries and verbena syrup in large bowl. Divide berries among 4 plates.
- ☐ Sprinkle with sugar and serve with whipped verbena cream. (Verbena syrup and verbena cream can be made 1 day ahead. Cover and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:17.29, Inflammation Score:-4, Nutrition Score:7.8317390945943%

Flavonoids

Eriodictyol: 2.37mg, Eriodictyol: 2.37mg, Eriodictyol: 2.37mg, Eriodictyol: 2.37mg Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 189.04kcal (9.45%), Fat: 3.16g (4.87%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 34.43g (12.52%), Sugar: 34.04g (37.82%), Cholesterol: 8.48mg (2.83%), Sodium: 4.55mg (0.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Manganese: 0.73mg (36.32%), Fiber: 7.31g (29.23%), Folate: 84.68µg (21.17%), Vitamin C: 10.01mg (12.14%), Vitamin K: 10.54µg (10.03%), Vitamin E: 1.23mg (8.23%), Iron: 1.21mg (6.71%), Potassium: 206.4mg (5.9%), Copper: 0.11mg (5.73%), Magnesium: 22.68mg (5.67%), Vitamin B3: 1.03mg (5.14%), Vitamin B1: 0.08mg (5.06%), Calcium: 44.16mg (4.42%), Vitamin B6: 0.09mg (4.27%), Phosphorus: 41.76mg (4.18%), Vitamin B2: 0.07mg (4.11%), Vitamin A: 201.13IU (4.02%), Vitamin B5: 0.37mg (3.7%),

Zinc: 0.32mg (2.13%)