



## Oatmeal and Fresh Berry Parfaits with Chantilly Cream from 'Treme

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



777 kcal

DESSERT

### Ingredients

- 6 servings cup heavy whipping cream
- 2 tablespoons granulated sugar
- 1 quart cup heavy whipping cream (whipping)
- 0.3 cup t brown sugar dark light loosely packed
- 1 cup oatmeal uncooked
- 2 tablespoons pear liqueur orange-flavored
- 2 tablespoons cream sour

- 5 tablespoons butter unsalted
- 1 teaspoon vanilla extract

## Equipment

- bowl
- whisk
- plastic wrap
- hand mixer
- spatula

## Directions

- About 2 hours before assembling the parfaits for serving, if using strawberries, stem them and cut into pieces about the same size as the other berries. Put all the berries in a medium glass, ceramic, or stainless-steel bowl. In a small bowl, combine the granulated sugar and liqueur and stir until the sugar is completely dissolved.
- Add the sweetened liqueur to the berries and stir gently with a rubber spatula until the berries are well coated with the syrup, being careful not to break up the berries. Cover with plastic wrap and refrigerate until ready to serve, stirring very gently about every 45 minutes with the spatula.
- Meanwhile, cook the oatmeal according to the package directions. Then cover and set aside at room temperature until ready to serve.
- Just before assembling the parfaits, gently rewarm the oatmeal over low heat; thin with a little water, if needed. (It shouldn't be too hot, or it will melt the Chantilly cream.)
- Add the butter and brown sugar and stir to mix well. Cover to keep warm and set aside.
- Also just before assembling, make the cream: In a large bowl, combine the heavy cream, sour cream, liqueur, and vanilla.
- Whisking by hand or using an electric mixer set on medium speed, beat the mixture just until soft peaks form, 5 to 10 minutes if beating by hand or about 3 minutes if using an electric mixer.
- To assemble the parfaits, layer in each glass 2 tablespoons oatmeal, then 2 tablespoons drained berries, then 2 tablespoons Chantilly cream, then another 2 tablespoons oatmeal. Top with more berries, dividing them evenly, and end with 1 tablespoon Chantilly cream on top of

parfait with a few more berries for garnish.

Serve at once, with long-handled spoons.

## Nutrition Facts

**PROTEIN 3.12%** **FAT 84.22%** **CARBS 12.66%**

### Properties

Glycemic Index:21.77, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:9.3704348698906%

### Nutrients (% of daily need)

Calories: 776.73kcal (38.84%), Fat: 73.2g (112.61%), Saturated Fat: 46.24g (289.03%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 24.1g (8.76%), Sugar: 20.18g (22.42%), Cholesterol: 222.62mg (74.21%), Sodium: 53.38mg (2.32%), Alcohol: 2.22g (100%), Alcohol %: 1.14% (100%), Protein: 6.1g (12.2%), Vitamin A: 2855.53IU (57.11%), Vitamin B2: 0.34mg (20.18%), Vitamin D: 2.94µg (19.59%), Phosphorus: 136.37mg (13.64%), Calcium: 132.06mg (13.21%), Vitamin E: 1.91mg (12.71%), Manganese: 0.24mg (11.79%), Selenium: 7.68µg (10.97%), Vitamin K: 6.52µg (6.21%), Potassium: 212.37mg (6.07%), Magnesium: 24.13mg (6.03%), Vitamin B5: 0.6mg (6%), Zinc: 0.83mg (5.54%), Vitamin B12: 0.3µg (5.08%), Vitamin B1: 0.07mg (4.37%), Vitamin B6: 0.07mg (3.42%), Iron: 0.6mg (3.31%), Copper: 0.06mg (2.77%), Fiber: 0.66g (2.64%), Folate: 9.92µg (2.48%), Vitamin C: 1.07mg (1.3%), Vitamin B3: 0.22mg (1.1%)