





Orange Coeurs à la Crème with Strawberry Raspberry Sauce

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- 0.3 cup curd cottage cheese 1%
- 1 tablespoon grand marnier orange-flavored
- 0.8 cup yogurt plain low-fat
- 4 oz neufchatel cheese
- 1 teaspoon orange zest fresh finely grated
- 0.7 cup raspberries
- 1 cup strawberries quartered

0.3 cup sugar

Equipment

food processor

bowl

sieve

blender

plastic wrap

baking pan

cheesecloth

Directions

Cut 6 (8- by- 6-inch) rectangles of cheesecloth without unfolding it. Rinse with cold water and wring dry. Line molds with damp cheesecloth, allowing it to hang over sides, and put molds in a shallow baking pan.

Purée cottage cheese with 1/3 cup sugar and zest in a food processor or blender until very smooth, then add Neufchâtel cheese and purée until smooth.

Add yogurt and pulse just until blended, then divide mixture among molds. Cover tops of molds with a sheet of plastic wrap and chill until firm, at least 8 hours.

Purée berries with liqueur and remaining 2 tablespoons sugar in a food processor, then force through a fine-mesh sieve set into a bowl, discarding seeds.

Invert molds onto dessert plates and remove cheesecloth.

Serve coeurs à la crème drizzled with sauce.

•If you don't have molds, cut 6 (12-ounce) paper cups to make shorter cups, 2 to 3 inches high. With a wooden pick, poke about 10 holes in bottom of each cup, enlarging holes slightly with pick. Line cups with dampened cheesecloth. •Coeurs à la crème and sauce can be made 2 days ahead and chilled separately, covered.

Each serving contains about 159 calories and 6 grams fat.

Gourmet

Nutrition Facts



■ PROTEIN 13.81% ■ FAT 34.36% ■ CARBS 51.83%

Properties

Glycemic Index:31.68, Glycemic Load:8.78, Inflammation Score:-3, Nutrition Score:4.7917390886856%

Flavonoids

Cyanidin: 6.51mg, Cyanidin: 6.51mg, Cyanidin: 6.51mg, Cyanidin: 6.51mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 6.09mg, Pelargonidin: 6.09mg, Pelargonidin: 6.09mg, Pelargonidin: 6.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 143.96kcal (7.2%), Fat: 5.48g (8.44%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 17.23g (6.27%), Sugar: 16.73g (18.59%), Cholesterol: 17.81mg (5.94%), Sodium: 122.01mg (5.3%), Alcohol: 0.65g (100%), Alcohol %: 0.73% (100%), Protein: 4.96g (9.92%), Vitamin C: 18.3mg (22.19%), Phosphorus: 98.58mg (9.86%), Calcium: 95.69mg (9.57%), Manganese: 0.19mg (9.32%), Vitamin B2: 0.13mg (7.47%), Fiber: 1.38g (5.53%), Potassium: 171.06mg (4.89%), Vitamin B12: 0.28µg (4.64%), Vitamin B5: 0.43mg (4.3%), Selenium: 2.91µg (4.16%), Folate: 16.07µg (4.02%), Vitamin A: 199.58IU (3.99%), Zinc: 0.57mg (3.78%), Magnesium: 14.23mg (3.56%), Vitamin B6: 0.05mg (2.37%), Vitamin B1: 0.03mg (2.09%), Copper: 0.04mg (1.9%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.95µg (1.86%), Iron: 0.26mg (1.43%), Vitamin B3: 0.27mg (1.33%)