



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 neufchâtel 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



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 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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 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%)