

Passion-Fruit Fool



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups heavy cream chilled
- ☐ 14 oz passion-fruit purée such as goya brand unsweetened cold thawed (but) (maracuyá) ()
- ☐ 1 cup sugar to taste

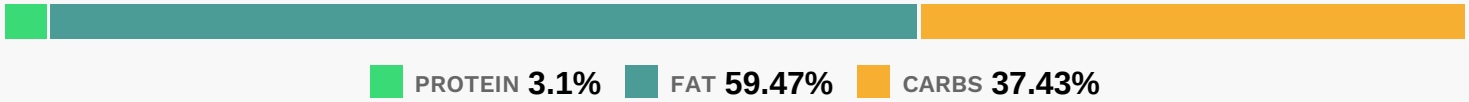
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Whisk purée with 2/3 cup sugar in a bowl until sugar is dissolved.
- ☐ Beat cream with remaining 1/3 cup sugar in another bowl with an electric mixer until it just holds stiff peaks. Fold sweetened purée into cream.
- ☐ Fool is best eaten the day it is made. Refold if fruit juices begin to separate from cream.
Variations (number of servings vary): • Raspberry, blackberry, or strawberry: 1 pound fresh or thawed (but cold) berries, puréed, or 1 1/2 cups unsweetened fruit purée, strained; 1/2 cup sugar; 1 1/2 cups heavy cream; 1 tablespoon lemon juice. • Guanabana (soursop) or mango: 1 (14-ounce) package thawed (but cold) unsweetened guanabana or mango purée (1 1/2 cups), or 2 mangoes (1 1/2 pounds), peeled, seeded, and puréed; 1/2 cup sugar; 3/4 cup heavy cream; 2 tablespoons lime juice.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:19.39, Inflammation Score:-8, Nutrition Score:6.7100000472172%

Nutrients (% of daily need)

Calories: 397.25kcal (19.86%), Fat: 27.28g (41.96%), Saturated Fat: 17.14g (107.1%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 33.46g (12.17%), Sugar: 32.68g (36.31%), Cholesterol: 84.04mg (28.01%), Sodium: 34.22mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin A: 1724.37IU (34.49%), Fiber: 5.16g (20.64%), Vitamin C: 15.33mg (18.58%), Vitamin B2: 0.21mg (12.3%), Vitamin D: 1.19µg (7.93%), Phosphorus: 76.87mg (7.69%), Potassium: 243.8mg (6.97%), Calcium: 55.29mg (5.53%), Magnesium: 19.59mg (4.9%), Iron: 0.88mg (4.89%), Vitamin E: 0.69mg (4.63%), Vitamin B3: 0.79mg (3.96%), Selenium: 2.68µg (3.83%), Vitamin B6: 0.08mg (3.78%), Copper: 0.05mg (2.63%), Vitamin K: 2.73µg (2.6%), Folate: 9.92µg (2.48%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.23mg (1.54%)