



Peanut butter parfait with cherry compote

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



561 kcal

DESSERT

Ingredients

- ☐ 500 g cherries
- ☐ 75 ml double cream
- ☐ 100 g granulated sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 100 g creamy peanut butter
- ☐ 250 g sugar
- ☐ 175 g whipping cream
- ☐ 4 eggs whole separated

☐ 2 tbsp frangelico (hazelnut liqueur)

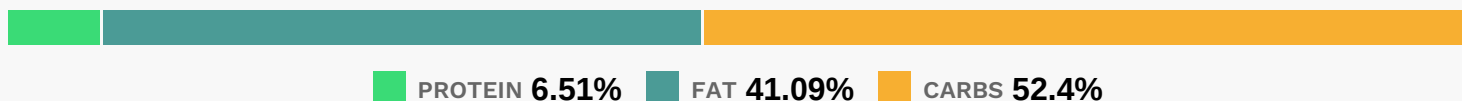
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Line a 1.2-litre loaf tin with cling film.
- ☐ Whisk together the peanut butter, liqueur and double cream to a smooth paste. To make a sabayon, put 150g of the sugar, the whole eggs and egg yolks in a bowl set over a pan of simmering water.
- ☐ Whisk with an electric hand whisk for 5–7 mins or until the mixture is light and mousse-like, then remove from the heat and continue to whisk for 5 mins until cool. Set aside.
- ☐ Put the remaining sugar in a small saucepan with 3 tbsp water, heat gently to dissolve, then boil for 2 mins until the temperature reaches 115°C on a sugar thermometer. Meanwhile, in a large clean bowl, beat the egg whites to stiff peaks, stream in the sugar syrup and continue to beat until the egg white mixture is just stiff and shiny. (It is important that the sugar syrup goes into the egg white at the right temperature, so you may need an extra pair of hands for this.) Fold the egg white mixture into the peanut butter mixture, then fold in the whipping cream and finally the sabayon.
- ☐ Pour into the tin and freeze for 6 hrs or until solid, or up to 2 weeks.
- ☐ Pour any leftover parfait into individual ramekins or dariole moulds and keep in the freezer. To make the cherry compote, put the cherries in a large frying pan, add 100ml water, cook for 10 mins to soften, then add the sugar, Armagnac or brandy and lemon juice. Cook for a further 8–10 mins until syrupy, then allow to cool. Can be made up to 2 days ahead. Take the parfait from the freezer 10 mins before you wish to serve, remove the cling film and cut into slices. Carefully place 1 slice of parfait on each of 6 dessert plates and serve with the cherry compote.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:43.68, Inflammation Score:-6, Nutrition Score:9.6752172864002%

Flavonoids

Cyanidin: 25.17mg, Cyanidin: 25.17mg, Cyanidin: 25.17mg, Cyanidin: 25.17mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg, Catechin: 3.63mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 561kcal (28.05%), Fat: 26.73g (41.13%), Saturated Fat: 12.23g (76.47%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 74.16g (26.97%), Sugar: 72.02g (80.03%), Cholesterol: 156.29mg (52.1%), Sodium: 125.03mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.05%), Vitamin B2: 0.28mg (16.67%), Vitamin A: 825.48IU (16.51%), Selenium: 11.29µg (16.13%), Manganese: 0.31mg (15.7%), Phosphorus: 156.49mg (15.65%), Vitamin E: 2.27mg (15.15%), Vitamin B3: 2.4mg (11.98%), Magnesium: 43.93mg (10.98%), Potassium: 362.88mg (10.37%), Fiber: 2.56g (10.23%), Vitamin B5: 0.9mg (9.02%), Vitamin B6: 0.18mg (9.02%), Vitamin C: 7.05mg (8.55%), Folate: 33.62µg (8.41%), Vitamin D: 1.25µg (8.36%), Copper: 0.15mg (7.51%), Iron: 1.17mg (6.53%), Zinc: 0.97mg (6.45%), Calcium: 63.71mg (6.37%), Vitamin B12: 0.33µg (5.46%), Vitamin B1: 0.07mg (4.41%), Vitamin K: 3.22µg (3.07%)