



Raspberry and Balsamic Parfaits

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons aged balsamic vinegar for 5 to 10 years aged
- ☐ 3 tablespoons honey
- ☐ 8 ounces mascarpone cheese at room temperature
- ☐ 8 ounces raspberries fresh
- ☐ 0.3 cup cup heavy whipping cream sour at room temperature
- ☐ 0.3 cup sugar raw recommended: Sugar in the

Equipment

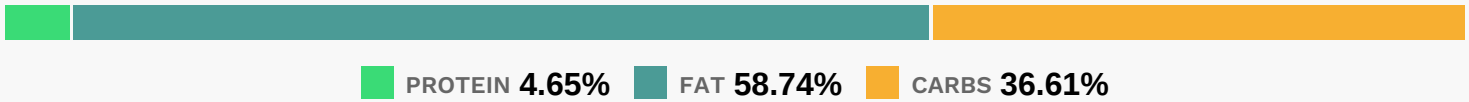
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ wax paper

Directions

- ☐ Line a small baking sheet with parchment or wax paper. Spray with cooking spray and set aside.
- ☐ In a small bowl, carefully toss the raspberries and vinegar together.
- ☐ Let the mixture stand for 15 minutes.
- ☐ Heat a 10-inch nonstick skillet over medium heat.
- ☐ Add the sugar and cook, stirring occasionally, until the sugar melts, about 5 minutes.
- ☐ Pour the sugar onto the prepared baking sheet and allow to cool, 5 to 10 minutes (the sugar will be hot). When cool enough to handle, crumble into small pieces.
- ☐ In another small bowl, mix together the mascarpone cheese, sour cream, and honey until smooth.
- ☐ Spoon the raspberry mixture into 4 (8-ounce) glasses. Dollop the mascarpone mixture on top.
- ☐ Sprinkle with the crumbled sugar and serve.

Nutrition Facts



Properties

Glycemic Index:32.07, Glycemic Load:8.59, Inflammation Score:-6, Nutrition Score:5.513913149419%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 438.03kcal (21.9%), Fat: 28.67g (44.11%), Saturated Fat: 17.34g (108.36%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 36.48g (13.27%), Sugar: 34.25g (38.06%), Cholesterol: 65.18mg (21.73%), Sodium: 40.1mg (1.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Manganese: 0.42mg (20.87%), Vitamin C: 15.06mg (18.26%), Vitamin A: 902.05IU (18.04%), Fiber: 3.72g (14.87%), Calcium: 114.26mg (11.43%), Vitamin K: 4.64µg (4.42%), Magnesium: 16mg (4%), Potassium: 130.05mg (3.72%), Vitamin E: 0.55mg (3.65%), Iron: 0.62mg (3.42%), Folate: 13.08µg (3.27%), Copper: 0.06mg (3.2%), Phosphorus: 30.44mg (3.04%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.33mg (2.23%), Vitamin B6: 0.04mg (2.04%), Vitamin B3: 0.37mg (1.86%), Vitamin B1: 0.02mg (1.4%), Selenium: 0.77µg (1.1%)