



Raspberry & lemon brandy baskets

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- 150 g punnet raspberries
- 2 tbsp lemon curd
- 4 ready-made brandy snap baskets
- 1 tbsp almonds flaked toasted
- 6 tbsp fromage frais
- 6 tbsp fromage frais

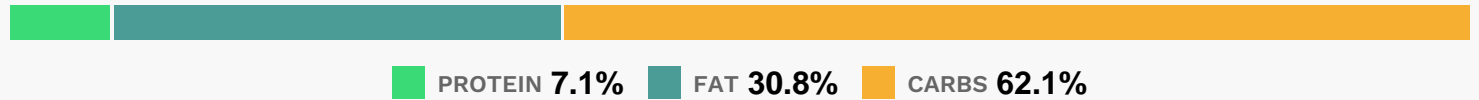
Equipment

- bowl

Directions

- Reserve a few raspberries for decoration.
- Put the rest in a bowl and mash roughly with a fork. Fold in the fromage frais and the lemon curd and divide the mixture between the brandy snap baskets. Top with the remaining raspberries and almonds, then serve straight away.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:3.2382608859435%

Flavonoids

Cyanidin: 17.23mg, Cyanidin: 17.23mg, Cyanidin: 17.23mg, Cyanidin: 17.23mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 68.11kcal (3.41%), Fat: 2.37g (3.64%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 7.96g (2.9%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 28.91mg (1.26%), Alcohol: 0.33g (100%), Alcohol %: 0.84% (100%), Protein: 1.23g (2.45%), Manganese: 0.31mg (15.43%), Vitamin C: 9.82mg (11.91%), Fiber: 2.77g (11.08%), Vitamin E: 0.97mg (6.44%), Magnesium: 15mg (3.75%), Copper: 0.06mg (2.99%), Vitamin K: 2.92µg (2.79%), Vitamin B2: 0.04mg (2.52%), Phosphorus: 22.94mg (2.29%), Folate: 8.98µg (2.24%), Potassium: 74.97mg (2.14%), Iron: 0.35mg (1.95%), Calcium: 16.1mg (1.61%), Vitamin B3: 0.31mg (1.57%), Zinc: 0.24mg (1.57%), Vitamin B5: 0.14mg (1.35%), Vitamin B6: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.15%)