



Raspberry, Ricotta, and Chocolate Parfaits

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons bittersweet chocolate plus more for garnish coarsely chopped
- ☐ 1.5 teaspoons brandy
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 tablespoons honey
- ☐ 1.5 tablespoons pistachios unsalted coarsely chopped
- ☐ 0.8 pound raspberries
- ☐ 1.3 cups ricotta cheese
- ☐ 1.5 tablespoons sugar

☐ 0.1 teaspoon vanilla extract

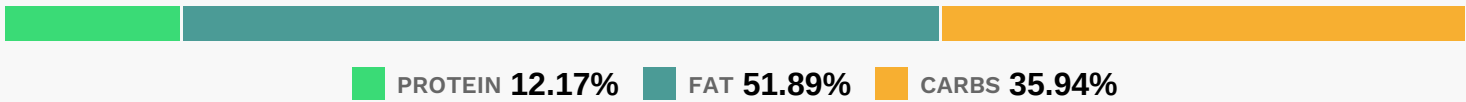
Equipment

- ☐ food processor
- ☐ bowl
- ☐ peeler

Directions

- ☐ Toss berries with sugar and brandy in a bowl, mixing gently.
- ☐ Let stand at room temperature, stirring occasionally, until sugar dissolves and berries render some juice, about 1 hour.
- ☐ Pure ricotta, honey, and vanilla in a food processor until very smooth.
- ☐ Transfer to a bowl; stir in chocolate and pistachios.
- ☐ Whip cream to firm peaks. Gently fold into ricotta mixture.
- ☐ Divide berries and their juices among 4 glasses. Top each with ricotta mixture. With a vegetable peeler, shave a little more chocolate over each.
- ☐ *Such as Bellwether Farms (CA) or Calabro Cheese (CT).

Nutrition Facts



Properties

Glycemic Index:47.59, Glycemic Load:11.74, Inflammation Score:-6, Nutrition Score:12.379130498223%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 380.69kcal (19.03%), Fat: 22.48g (34.59%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 28.45g (10.35%), Sugar: 24.48g (27.2%), Cholesterol: 62.27mg (20.76%), Sodium: 72.91mg (3.17%), Alcohol: 0.67g (100%), Alcohol %: 0.39% (100%), Caffeine: 4.84mg (1.61%), Protein: 11.87g (23.73%), Manganese: 0.73mg (36.58%), Vitamin C: 22.65mg (27.45%), Fiber: 6.58g (26.32%), Calcium: 205.2mg (20.52%), Phosphorus: 199.96mg (20%), Selenium: 13.18µg (18.83%), Vitamin B2: 0.24mg (14.32%), Vitamin A: 681.67IU (13.63%), Copper: 0.24mg (12.16%), Magnesium: 44.9mg (11.22%), Zinc: 1.62mg (10.79%), Potassium: 325.04mg (9.29%), Vitamin K: 9.26µg (8.82%), Iron: 1.55mg (8.61%), Folate: 31.1µg (7.77%), Vitamin E: 1.16mg (7.74%), Vitamin B6: 0.15mg (7.74%), Vitamin B5: 0.55mg (5.52%), Vitamin B1: 0.08mg (5.45%), Vitamin B12: 0.31µg (5.09%), Vitamin B3: 0.74mg (3.72%), Vitamin D: 0.47µg (3.15%)