



## Strawberry Parfait with Fresh Normandy Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



111 kcal

DESSERT

### Ingredients

- 3 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 0.3 cup crème fraîche
- 0.3 cup granulated sugar
- 1.5 teaspoons granulated sugar
- 2.5 teaspoons juice of lemon fresh
- 0.5 cup brown sugar light packed

2 cups strawberries sliced

## Equipment

food processor

bowl

whisk

sieve

blender

## Directions

To prepare strawberries, combine the brown sugar and vinegar in a medium bowl, stirring with a whisk; add 2 cups strawberries, stirring gently to coat. Cover and chill 4 hours, stirring occasionally.

To prepare cream, combine the crme frache and 1 1/2 teaspoons sugar, stirring well until sugar dissolves. Cover and chill.

To prepare sorbet, combine 2 cups strawberries, 1/4 cup granulated sugar, juice, and pepper in a blender or food processor; process until smooth. Strain the strawberry mixture through a sieve over a large bowl, and discard solids.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.

To assemble parfaits, spoon 3 tablespoons sorbet into each of 8 champagne flutes; top with 3 tablespoons strawberries. Spoon 1 1/2 teaspoons cream over each serving.

Drizzle remaining juices from the strawberries over each serving.

Garnish with mint sprigs, if desired.

## Nutrition Facts



**PROTEIN 1.65%** **FAT 12.02%** **CARBS 86.33%**

## Properties

Glycemic Index:32.77, Glycemic Load:6.22, Inflammation Score:-2, Nutrition Score:2.6573912786401%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 110.65kcal (5.53%), Fat: 1.53g (2.35%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 23.98g (8.72%), Sugar: 23.27g (25.85%), Cholesterol: 4.24mg (1.41%), Sodium: 7.91mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 21.84mg (26.47%), Manganese: 0.16mg (8.04%), Fiber: 0.73g (2.93%), Calcium: 26.35mg (2.64%), Potassium: 91.24mg (2.61%), Folate: 9.53µg (2.38%), Magnesium: 7.5mg (1.88%), Iron: 0.3mg (1.67%), Phosphorus: 15.97mg (1.6%), Copper: 0.03mg (1.39%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.27%)