



Summer berries with sweet wine cream



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 750 g poached berries mixed
- ☐ 5 tbsp wine sweet
- ☐ 2 tbsp sugar
- ☐ 300 ml double cream
- ☐ 6 servings powdered sugar
- ☐ 2 tbsp frangelico
- ☐ 2 tbsp frangelico

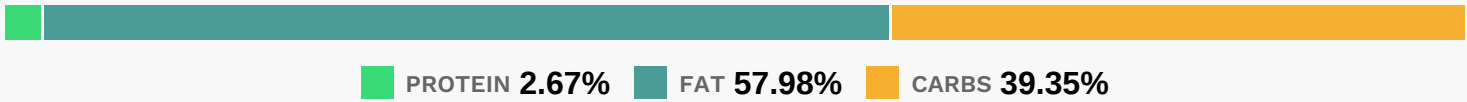
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Hull or de-stalk the fruits as necessary, then tip into a serving bowl.
- ☐ Drizzle with cassis, if using, and mix together gently.
- ☐ Measure the sweet wine and sugar into a bowl.
- ☐ Add the cream and whisk with a hand electric whisk until it just holds its shape and flops from the spoon. Spoon into a bowl and serve with the berries and madeleines.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:5.5530434950538%

Flavonoids

Cyanidin: 5.45mg, Cyanidin: 5.45mg, Cyanidin: 5.45mg, Cyanidin: 5.45mg Petunidin: 22.7mg, Petunidin: 22.7mg, Petunidin: 22.7mg, Petunidin: 22.7mg Delphinidin: 26.99mg, Delphinidin: 26.99mg, Delphinidin: 26.99mg, Delphinidin: 26.99mg Malvidin: 62.07mg, Malvidin: 62.07mg, Malvidin: 62.07mg, Malvidin: 62.07mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 291.53kcal (14.58%), Fat: 18.97g (29.19%), Saturated Fat: 11.63g (72.72%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 25.6g (9.31%), Sugar: 23.97g (26.63%), Cholesterol: 56.84mg (18.95%), Sodium: 15.66mg (0.68%), Alcohol: 1.29g (100%), Alcohol %: 0.82% (100%), Protein: 1.96g (3.92%), Vitamin K: 22.16µg (21.1%), Vitamin A: 796.89IU (15.94%), Fiber: 3.38g (13.5%), Manganese: 0.2mg (9.97%), Vitamin B2: 0.14mg (8.53%), Vitamin E: 1.06mg (7.08%), Vitamin D: 0.8µg (5.37%), Vitamin B6: 0.1mg (4.88%), Phosphorus: 45.17mg (4.52%), Calcium: 44.44mg (4.44%), Vitamin C: 3.43mg (4.15%), Potassium: 124.4mg (3.55%), Vitamin B3: 0.7mg (3.48%), Vitamin B1:

0.05mg (3.38%), Vitamin B5: 0.29mg (2.9%), Magnesium: 11.02mg (2.76%), Folate: 10.89µg (2.72%), Selenium: 1.72µg (2.45%), Copper: 0.05mg (2.41%), Iron: 0.32mg (1.75%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.08µg (1.34%)