

Summer-Berry Basil Kissel

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups basil fresh packed
- 5 cups blackberries
- 3 tablespoons cornstarch
- 6 servings crème fraîche sour
- 0.5 teaspoon juice of lemon fresh to taste
- 2 cups muscat pumpkin sweet
- 4 cups raspberries
- 0.3 teaspoon salt

- 0.5 cup sugar
- 1 vanilla pod

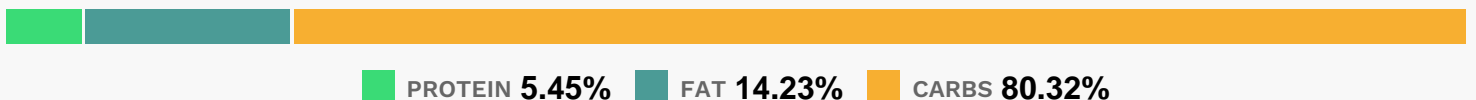
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve

Directions

- Split vanilla bean lengthwise and scrape seeds into a bowl, reserving pod for another use.
- Whisk in sugar, cornstarch, and salt until combined well.
- In a saucepan simmer Muscat and 1/8 cup each type of berry 2 minutes.
- Drain mixture in a sieve set over a bowl, reserving liquid.
- Transfer cooked berries to a large bowl and stir in remaining fresh berries. Coarsely chop basil.
- Gradually whisk reserved hot liquid into sugar mixture until smooth.
- Transfer mixture to pan and stir in basil. Bring mixture to a boil, whisking, and simmer, whisking, 3 minutes. Immediately pour mixture through sieve into berries, discarding basil, and stir until combined well. Stir in lemon juice. Divide kissel among 6 bowls. Chill kissel, covered, at least 2 hours, or until cold, and up to 2 days.
- Serve kissel with crème fraîche or sour cream.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:14.09, Inflammation Score:-8, Nutrition Score:15.436086915109%

Flavonoids

Cyanidin: 156.56mg, Cyanidin: 156.56mg, Cyanidin: 156.56mg, Cyanidin: 156.56mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 1.32mg, Pelargonidin: 1.32mg, Pelargonidin: 1.32mg, Pelargonidin: 1.32mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 45.52mg, Catechin: 45.52mg, Catechin: 45.52mg, Catechin: 45.52mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 8.41mg, Epicatechin: 8.41mg, Epicatechin: 8.41mg, Epicatechin: 8.41mg Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg, Epigallocatechin 3-gallate: 1.25mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 264.23kcal (13.21%), Fat: 3.65g (5.61%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 46.35g (15.45%), Net Carbohydrates: 34.68g (12.61%), Sugar: 26.46g (29.4%), Cholesterol: 7.08mg (2.36%), Sodium: 103.35mg (4.49%), Alcohol: 6.94g (100%), Alcohol %: 2.77% (100%), Protein: 3.15g (6.29%), Manganese: 1.37mg (68.65%), Vitamin C: 47.33mg (57.37%), Vitamin K: 50.93µg (48.5%), Fiber: 11.68g (46.71%), Copper: 0.29mg (14.74%), Vitamin E: 2.19mg (14.57%), Folate: 51µg (12.75%), Vitamin A: 621.73IU (12.43%), Magnesium: 46.15mg (11.54%), Potassium: 345.85mg (9.88%), Iron: 1.49mg (8.28%), Calcium: 76.1mg (7.61%), Zinc: 1.06mg (7.04%), Vitamin B3: 1.31mg (6.55%), Vitamin B5: 0.65mg (6.46%), Phosphorus: 62.07mg (6.21%), Vitamin B2: 0.09mg (5.22%), Vitamin B6: 0.09mg (4.64%), Vitamin B1: 0.05mg (3.59%), Selenium: 1.31µg (1.87%)