



Summer Fruit Salad with Whipped Cream



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups nectarines diced
- ☐ 1 cup raspberries fresh
- ☐ 1 teaspoon raspberry-flavored liqueur chambord® such as
- ☐ 3 tablespoons slivered almonds toasted
- ☐ 1 cup strawberries sliced

- ☐ 1 cup cherries sweet pitted halved
- ☐ 0.3 cup water
- ☐ 2 teaspoons sugar white

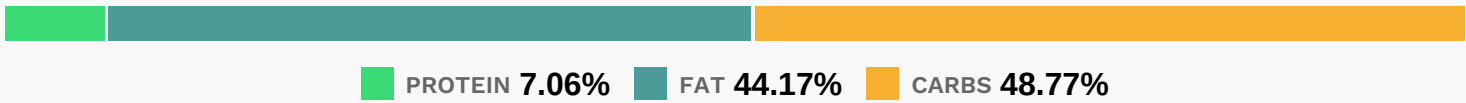
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Stir water, 5 tablespoons sugar, 1/4 cup raspberry-flavored liqueur, and lemon juice together in a saucepan over medium-low heat. Bring the mixture to a boil, reduce heat to low, and simmer, stirring frequently, until the sugar dissolves completely, about 8 minutes. Set aside to cool.
- ☐ Mix nectarines, cherries, strawberries, raspberries, and blueberries in a large bowl.
- ☐ Pour the cooled sugar mixture over the fruit and toss gently to coat.
- ☐ Beat heavy whipping cream and 2 teaspoons sugar in a bowl with an electric hand mixer on high until stiff peaks form. Fold 1 teaspoon raspberry-flavored liqueur into the whipped cream; spoon over the fruit salad and sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:3.96, Inflammation Score:-4, Nutrition Score:5.6643478274345%

Flavonoids

Cyanidin: 14.8mg, Cyanidin: 14.8mg, Cyanidin: 14.8mg, Cyanidin: 14.8mg Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg, Petunidin: 5.9mg Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg Peonidin: 4.04mg, Peonidin: 4.04mg, Peonidin: 4.04mg, Peonidin: 4.04mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.51mg,

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Nutrients (% of daily need)

Calories: 110.94kcal (5.55%), Fat: 5.81g (8.94%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 11.28g (4.1%), Sugar: 10.16g (11.29%), Cholesterol: 11.21mg (3.74%), Sodium: 8.47mg (0.37%), Alcohol: 0.16g (100%), Alcohol %: 0.15% (100%), Protein: 2.09g (4.18%), Vitamin C: 20.06mg (24.32%), Manganese: 0.35mg (17.5%), Fiber: 3.16g (12.63%), Vitamin E: 1.58mg (10.5%), Vitamin K: 6.53µg (6.22%), Vitamin A: 292.87IU (5.86%), Magnesium: 23.03mg (5.76%), Copper: 0.11mg (5.73%), Vitamin B2: 0.09mg (5.58%), Potassium: 190.54mg (5.44%), Phosphorus: 47.93mg (4.79%), Vitamin B3: 0.81mg (4.05%), Folate: 14.21µg (3.55%), Iron: 0.55mg (3.06%), Vitamin B1: 0.04mg (2.89%), Calcium: 27.87mg (2.79%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.24mg (2.43%), Zinc: 0.35mg (2.33%), Vitamin D: 0.16µg (1.06%)