



 **70%**
HEALTH SCORE

Swedish Lemon Cream

 **Gluten Free**  **Very Healthy**

READY IN



135 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 envelopes gelatin powder unflavored
- 0.8 cup juice of lemon
- 0.5 cup water boiling
- 0.5 cup sugar
- 2 tablespoons lemon zest grated
- 4 cups whipping cream (heavy)
- 0.3 cup sugar
- 20 ounces raspberries frozen thawed

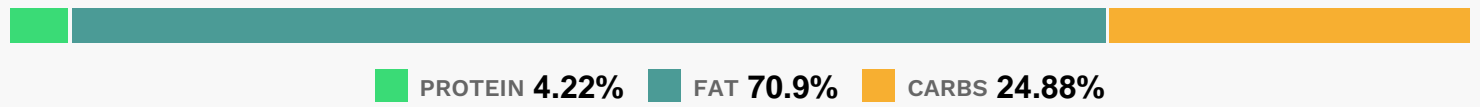
Equipment

- bowl
- hand mixer

Directions

- Lightly brush 8-cup mold with vegetable oil.
- Sprinkle gelatin over lemon juice in large bowl to soften. Gradually stir in boiling water until gelatin is dissolved. Stir in 1/2 cup sugar and the lemon peel.
- Beat whipping cream and 1/3 cup sugar in chilled large bowl with electric mixer on high speed until soft peaks form. Fold lemon mixture into whipped cream. Spoon into mold. Cover and refrigerate about 2 hours or until firm.
- Serve with raspberries.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:20.72, Inflammation Score:-9, Nutrition Score:14.114347768866%

Flavonoids

Cyanidin: 43.25mg, Cyanidin: 43.25mg, Cyanidin: 43.25mg, Cyanidin: 43.25mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.93mg, Pelargonidin: 0.93mg, Pelargonidin: 0.93mg, Pelargonidin: 0.93mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 711.02kcal (35.55%), Fat: 58.06g (89.33%), Saturated Fat: 36.53g (228.29%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 39.4g (14.33%), Sugar: 37.38g (41.54%), Cholesterol: 179.29mg (59.76%), Sodium: 50.05mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.55%), Vitamin C: 40.09mg (48.6%), Vitamin A: 2366.41IU (47.33%), Manganese: 0.64mg (32.1%), Fiber: 6.45g (25.78%), Vitamin B2: 0.35mg (20.65%), Vitamin D: 2.54µg (16.92%), Vitamin E: 2.33mg (15.55%), Calcium: 135.01mg (13.5%), Phosphorus: 123.02mg (12.3%), Vitamin K: 12.45µg (11.86%), Potassium: 328.97mg (9.4%), Selenium: 6.08µg (8.69%), Magnesium: 34.74mg (8.68%), Folate: 33.25µg (8.31%), Copper: 0.16mg (8.24%), Vitamin B5: 0.76mg (7.65%), Vitamin B6: 0.13mg (6.26%), Zinc: 0.81mg (5.37%), Iron: 0.89mg (4.95%), Vitamin B1: 0.07mg (4.74%), Vitamin B12: 0.25µg (4.23%), Vitamin B3: 0.7mg (3.52%)