



 **2%**  
HEALTH SCORE

## Valentine's Day Potted Plant Ice-Cream Desserts

READY IN



45 min.

SERVINGS



5

CALORIES



137 kcal

SIDE DISH

### Ingredients

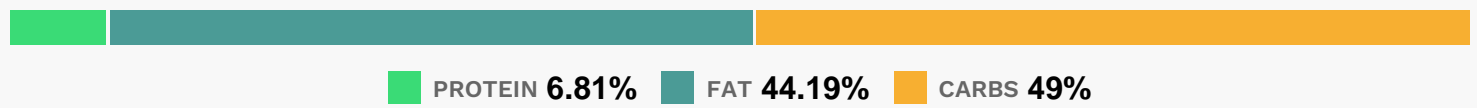
- 0.8 whipped cream
- 10 nigella seeds diced ()
- 2 tbsp nuts mixed organic
- 2 oz blueberries blue
- 100 g oreo cookies
- 5 servings parsley for decoration

### Equipment

# Directions

- Remove cream from cookies and pound the cookies into crumbs. Set aside.
- Mix ice-cream with the rest of the ingredients and put them into serving cups. Freeze them well.
- Top the ice-cream cups with Oreo crumbs and insert a sprig of parsley just before serving your Potted Plant Ice-Cream Desserts!
- \* Tips: Don't make your desserts look too neat. They're meant to be a bit messy with the " soil ". After all, they're supposed to be plants, aren't they?

# Nutrition Facts



# Properties

Glycemic Index:32.53, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:7.245652173913%

# Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Petunidin: 3.58mg, Petunidin: 3.58mg, Petunidin: 3.58mg, Petunidin: 3.58mg Delphinidin: 4.02mg, Delphinidin: 4.02mg, Delphinidin: 4.02mg, Delphinidin: 4.02mg Malvidin: 7.66mg, Malvidin: 7.66mg, Malvidin: 7.66mg, Malvidin: 7.66mg Peonidin: 2.3mg, Peonidin: 2.3mg, Peonidin: 2.3mg, Peonidin: 2.3mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 136.77kcal (6.84%), Fat: 6.94g (10.68%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.8g (5.75%), Sugar: 9.37g (10.41%), Cholesterol: 0.07mg (0.02%), Sodium: 80.55mg (3.5%), Protein: 2.41g (4.81%), Vitamin K: 73.27µg (69.78%), Iron: 2.85mg (15.82%), Manganese: 0.26mg (12.88%), Vitamin C: 6.44mg (7.8%), Vitamin A: 344.72IU (6.89%), Copper: 0.13mg (6.52%), Fiber: 1.54g (6.15%), Magnesium: 21.1mg (5.28%), Folate: 20.97µg (5.24%), Vitamin B3: 0.81mg (4.04%), Phosphorus: 39.84mg (3.98%), Vitamin E: 0.59mg (3.93%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.06mg (3.67%), Potassium: 101.87mg (2.91%), Zinc: 0.36mg (2.41%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.39mg (1.34%), Vitamin B6: 0.03mg (1.3%)