



Vanilla Creams with Strawberries in Cassis



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings brown sugar
- ☐ 2 tablespoons creme de cassis (black-currant liqueur)
- ☐ 1 large egg whites
- ☐ 1.8 cups lillet blanc
- ☐ 1.5 cups yogurt plain
- ☐ 5 cups strawberries hulled halved
- ☐ 5 tablespoons caster sugar divided
- ☐ 1 vanilla pod split

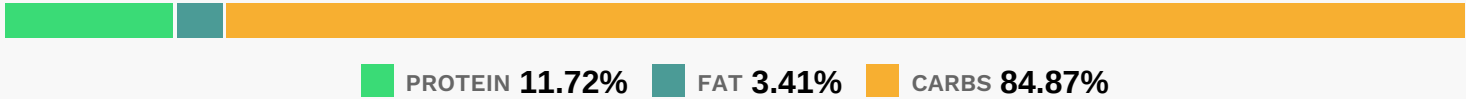
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ kitchen towels
- ☐ cheesecloth

Directions

- ☐ Place 2 sieves over bowls; line sieves with cheesecloth or damp kitchen towel. Spoon yogurt into 1 sieve; spoon fromage blanc into second sieve. Cover; chill overnight. Scrape drained yogurt and fromage blanc into large bowl; whisk to combine. Scrape in seeds from vanilla bean. Gently mix in 3 tablespoons sugar and lemon peel.
- ☐ Whisk egg white in medium bowl until peaks form. Gently fold egg white into cheese mixture. Divide among 6 small bowls. Cover; chill at least 8 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Toss berries, 2 tablespoons sugar, and cassis in large bowl.
- ☐ Let stand until berries release juices, stirring occasionally, at least 30 minutes and up to 2 hours.
- ☐ Sift or sprinkle brown sugar evenly over each dessert. Spoon berries and juices over.
- ☐ * A soft, fresh cream cheese; available in the refrigerated section of many supermarkets and at specialty foods stores.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:9.71, Inflammation Score:-6, Nutrition Score:10.004782557487%

Flavonoids

Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.82mg, Pelargonidin: 29.82mg, Pelargonidin: 29.82mg, Pelargonidin: 29.82mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 243.26kcal (12.16%), Fat: 0.64g (0.98%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 33.21g (12.08%), Sugar: 31.05g (34.5%), Cholesterol: 1.23mg (0.41%), Sodium: 59.3mg (2.58%), Alcohol: 11.7g (100%), Alcohol %: 5.39% (100%), Protein: 4.92g (9.84%), Vitamin C: 71.11mg (86.2%), Manganese: 0.47mg (23.52%), Calcium: 145.14mg (14.51%), Phosphorus: 125.95mg (12.59%), Vitamin B2: 0.2mg (11.52%), Potassium: 354.32mg (10.12%), Fiber: 2.4g (9.6%), Folate: 36.41µg (9.1%), Magnesium: 28.25mg (7.06%), Vitamin B12: 0.38µg (6.31%), Vitamin B5: 0.56mg (5.58%), Selenium: 3.89µg (5.56%), Zinc: 0.77mg (5.13%), Vitamin B6: 0.09mg (4.54%), Vitamin B1: 0.06mg (3.89%), Copper: 0.07mg (3.55%), Iron: 0.59mg (3.26%), Vitamin B3: 0.55mg (2.75%), Vitamin K: 2.76µg (2.63%), Vitamin E: 0.35mg (2.32%)