



Vanilla Crème with Fresh Berry Jam

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 2 cups strawberries divided coarsely chopped
- ☐ 3 tablespoons sugar
- ☐ 6 tablespoons sugar
- ☐ 6 inch vanilla pod split
- ☐ 0.3 cup water
- ☐ 1.3 cups milk whole

- ☐ 6 servings cr[[special_char](#)
- ☐ 6 servings cr[[special_char](#)

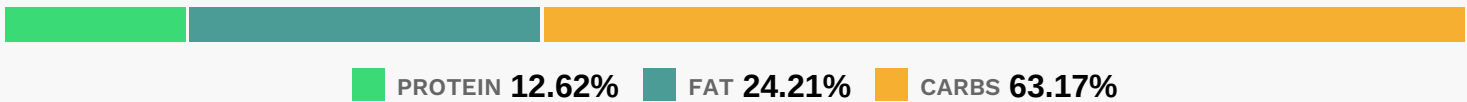
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare jam, combine 1/3 cup water and 3 tablespoons sugar in a small saucepan over medium heat. Cook 3 minutes or until sugar dissolves.
- ☐ Add 1 cup chopped strawberries, and bring to a boil. Reduce heat, and simmer 10 minutes or until mixture is syrupy, mashing strawberries with a fork.
- ☐ Remove from heat, and stir in remaining 1 cup chopped strawberries.
- ☐ Pour into a bowl, and cool completely. Cover and chill.
- ☐ To prepare crme, sprinkle gelatin over whole milk in a small saucepan; let stand for 10 minutes. Scrape seeds from vanilla bean, and add seeds and bean to milk mixture. Cook the milk mixture over medium-low heat 10 minutes or until gelatin dissolves, stirring constantly with a whisk. Increase heat to medium, and add 6 tablespoons sugar, stirring until sugar dissolves.
- ☐ Remove from heat. Stir in buttermilk.
- ☐ Remove and discard vanilla bean. Spoon about 1/2 cup buttermilk mixture into each of 6 small glasses. Cover and chill 6 hours or until set. Top each serving with 3 tablespoons berry jam.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.53, Glycemic Load:15.77, Inflammation Score:-4, Nutrition Score:7.29652175696%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 175.2kcal (8.76%), Fat: 4.86g (7.47%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 27.57g (10.02%), Sugar: 26.66g (29.62%), Cholesterol: 14.9mg (4.97%), Sodium: 107.25mg (4.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Vitamin C: 28.22mg (34.21%), Calcium: 163.51mg (16.35%), Vitamin B2: 0.22mg (13.22%), Phosphorus: 131.38mg (13.14%), Vitamin B12: 0.64µg (10.71%), Vitamin D: 1.6µg (10.66%), Manganese: 0.19mg (9.63%), Potassium: 258.26mg (7.38%), Selenium: 4.75µg (6.79%), Vitamin B5: 0.56mg (5.55%), Vitamin B1: 0.08mg (5.19%), Magnesium: 20.76mg (5.19%), Vitamin A: 220.11IU (4.4%), Vitamin B6: 0.08mg (4.12%), Folate: 15.92µg (3.98%), Zinc: 0.58mg (3.9%), Fiber: 0.96g (3.84%), Copper: 0.08mg (3.79%), Vitamin B3: 0.31mg (1.56%), Vitamin E: 0.22mg (1.47%), Vitamin K: 1.45µg (1.38%), Iron: 0.24mg (1.36%)