

Very Berry Sodas



Vegetarian



Gluten Free

READY IN



360 min.

SERVINGS



6

CALORIES



498 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup blueberries fresh
- ☐ 6 servings seltzer water
- ☐ 2 cups cup heavy whipping cream (whipping)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 teaspoon juice of lemon freshly squeezed
- ☐ 1 cup milk
- ☐ 4 cups seltzer water cold

- ☐ 1 pint strawberries fresh hulled quartered
- ☐ 1 cup sugar
- ☐ 6 tablespoons sugar

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ Put the strawberries, the 6 tablespoons sugar, the lemon juice, and the pinch of salt in a medium, heavy saucepan. Cook over medium heat, stirring frequently, until the strawberries reach a jam like consistency, 20 to 25 minutes.
- ☐ Let cool to room temperature and refrigerate for 1 hour until cold.
- ☐ Put the cream, milk, the remaining 1/4 cup sugar, and the 1/8 teaspoon salt in a medium, heavy saucepan. Cook over medium heat, stirring occasionally, until the liquid is almost simmering. Cool over an ice bath to room temperature. Refrigerate for 4 hours or up to overnight. Stir in the cooked strawberries. Churn in an ice cream machine according to the manufacturer's instructions. Freeze until scoopable, about 4 hours, depending on your freezer.
- ☐ To make the soda: Purée the raspberries in a food processor. Strain through a fine-mesh sieve, discarding the seeds. There should be about 2 cups purée. In a large pitcher, mix together the raspberry purée, sugar, lemon juice, and salt.
- ☐ Add the seltzer and stir until combined.
- ☐ Place several small scoops of strawberry ice cream and some blueberries and olallieberries in each of 6 glasses. Fill with the raspberry soda.
- ☐ Serve immediately, with long spoons and straws.
- ☐ In Advance: The raspberry purée can be prepared and sweetened up to 12 hours before serving. Keep refrigerated.
- ☐ Add the seltzer and ice cream just before serving.

Nutrition Facts



Properties

Glycemic Index:43.03, Glycemic Load:34.46, Inflammation Score:-7, Nutrition Score:9.6460869208626%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Petunidin: 2.03mg, Petunidin: 2.03mg, Petunidin: 2.03mg, Petunidin: 2.03mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 1.29mg, Peonidin: 1.29mg, Peonidin: 1.29mg, Peonidin: 1.29mg Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 497.51kcal (24.88%), Fat: 30.34g (46.68%), Saturated Fat: 19.02g (118.85%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 54.56g (19.84%), Sugar: 54g (60%), Cholesterol: 94.53mg (31.51%), Sodium: 216.86mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 47.61mg (57.71%), Vitamin A: 1244.9IU (24.9%), Manganese: 0.33mg (16.57%), Vitamin B2: 0.23mg (13.75%), Calcium: 123.87mg (12.39%), Vitamin D: 1.72µg (11.44%), Phosphorus: 106.79mg (10.68%), Potassium: 266.32mg (7.61%), Fiber: 1.73g (6.91%), Vitamin E: 1.01mg (6.76%), Vitamin B12: 0.35µg (5.78%), Magnesium: 22.67mg (5.67%), Folate: 22.55µg (5.64%), Selenium: 3.75µg (5.35%), Vitamin K: 5.59µg (5.32%), Vitamin B6: 0.09mg (4.65%), Vitamin B5: 0.46mg (4.61%), Zinc: 0.64mg (4.27%), Vitamin B1: 0.06mg (4%), Copper: 0.06mg (3.17%), Iron: 0.46mg (2.56%), Vitamin B3: 0.42mg (2.12%)