



Amaretto Strawberries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

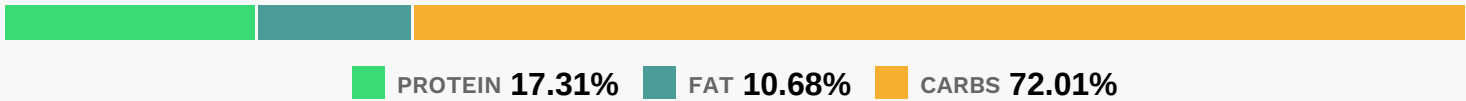
- ☐ 0.3 cup amaretto (almond-flavored liqueur)
- ☐ 2 cups vanilla yogurt low-fat
- ☐ 2 cups strawberries sliced

Equipment

Directions

Spoon 1/2 cup yogurt into each of 4 dessert dishes. Top each serving with 1/2 cup strawberries; drizzle 1 tablespoon liqueur over each.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:9.1360870081445%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 172.6kcal (8.63%), Fat: 1.79g (2.76%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 25.74g (9.36%), Sugar: 25.18g (27.97%), Cholesterol: 6.13mg (2.04%), Sodium: 82.75mg (3.6%), Alcohol: 3.84g (100%), Alcohol %: 2.32% (100%), Caffeine: 3.84mg (1.28%), Protein: 6.54g (13.07%), Vitamin C: 43.32mg (52.5%), Calcium: 221.14mg (22.11%), Phosphorus: 183.54mg (18.35%), Vitamin B2: 0.26mg (15.52%), Manganese: 0.29mg (14.27%), Potassium: 382.86mg (10.94%), Vitamin B12: 0.65µg (10.82%), Selenium: 6.33µg (9.05%), Folate: 30.75µg (7.69%), Vitamin B5: 0.77mg (7.66%), Zinc: 1.12mg (7.48%), Magnesium: 29.4mg (7.35%), Fiber: 1.44g (5.76%), Vitamin B1: 0.07mg (4.62%), Vitamin B6: 0.09mg (4.45%), Copper: 0.06mg (2.82%), Iron: 0.39mg (2.17%), Vitamin B3: 0.43mg (2.15%), Vitamin K: 1.71µg (1.63%), Vitamin E: 0.23mg (1.56%), Vitamin A: 61.31IU (1.23%)