



Apricots and Herbed Strawberries with Angel Food Cake

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- 1 pound apricots pitted halved
- 3 tablespoons mint leaves fresh finely chopped
- 1 teaspoon rosemary leaves fresh finely chopped
- 0.3 cup granulated sugar
- 2 tablespoons honey
- 3 tablespoons orange juice freshly squeezed
- 0.5 teaspoon orange zest finely grated (from)

- 1 pound strawberries washed hulled
- 1.5 teaspoons water

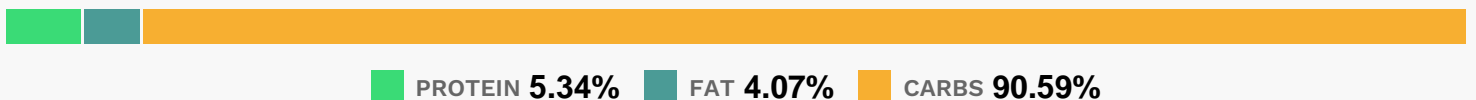
Equipment

- bowl
- baking sheet
- whisk
- grill
- spatula
- grill pan

Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, combine the strawberries, sugar, orange zest, orange juice, mint, and rosemary in a medium bowl; set aside.
- Whisk the honey and water together in a small bowl until combined, set aside. When the grill is ready, place the apricots on a baking sheet and brush both sides with the honey mixture, using all of it.
- Place the apricots on the grill cut-side down (reserve the baking sheet). Cover the grill and cook until grill marks appear on the bottom, about 2 to 3 minutes. Using a flat metal spatula, flip the apricots, cover the grill, and cook until grill marks appear on the second side and the apricots begin to soften, about 2 to 3 minutes more.
- Remove the apricots to the reserved baking sheet. To serve, place the slices of angel food cake on a serving platter. Top with the apricots cut-side up, then top with the strawberry mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:10.4, Inflammation Score:-7, Nutrition Score:6.6608695776566%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg, Catechin: 3.84mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 89.7kcal (4.49%), Fat: 0.44g (0.68%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 19.72g (7.17%), Sugar: 19.09g (21.22%), Cholesterol: 0mg (0%), Sodium: 2.11mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin C: 42.99mg (52.11%), Vitamin A: 1192.12IU (23.84%), Manganese: 0.29mg (14.5%), Fiber: 2.46g (9.82%), Potassium: 260.22mg (7.43%), Folate: 22.92µg (5.73%), Vitamin E: 0.67mg (4.48%), Copper: 0.08mg (4.15%), Magnesium: 15.4mg (3.85%), Iron: 0.59mg (3.27%), Vitamin B6: 0.06mg (3.19%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 3.12µg (2.98%), Phosphorus: 29.35mg (2.93%), Vitamin B2: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.54%), Vitamin B5: 0.23mg (2.3%), Calcium: 22.35mg (2.23%), Zinc: 0.23mg (1.53%)