



Balsamic Strawberries

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 8 servings garnishes: chocolate curls fresh
- ☐ 8 round shortbread cookies
- ☐ 16 oz strawberries fresh quartered
- ☐ 0.3 cup sugar
- ☐ 3 oz vanilla ice-cream cups

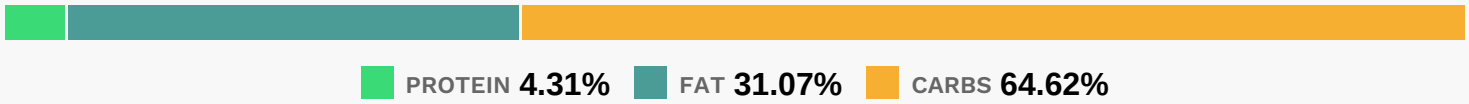
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a medium bowl; let stand 1 to 2 hours at room temperature, stirring occasionally.
- ☐ Place shortbread cookies on individual servings plates.
- ☐ Remove ice cream from cups, and place on cookies. Spoon strawberry mixture over ice cream.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Walkers Shortbread Rounds.

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:11.35, Inflammation Score:-3, Nutrition Score:4.7465217897426%

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: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg 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 Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 123.6kcal (6.18%), Fat: 4.36g (6.71%), Saturated Fat: 1.76g (11%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 19g (6.91%), Sugar: 14.16g (15.74%), Cholesterol: 4.74mg (1.58%), Sodium: 45.11mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin C: 33.4mg (40.49%), Manganese: 0.28mg

(13.96%), Fiber: 1.42g (5.67%), Folate: 22.24µg (5.56%), Vitamin B2: 0.07mg (4.18%), Potassium: 125.3mg (3.58%), Vitamin B1: 0.05mg (3.57%), Iron: 0.62mg (3.47%), Phosphorus: 34.45mg (3.44%), Magnesium: 12.32mg (3.08%), Vitamin E: 0.45mg (2.97%), Vitamin B3: 0.57mg (2.84%), Copper: 0.05mg (2.61%), Calcium: 25.34mg (2.53%), Vitamin K: 2.45µg (2.33%), Vitamin B6: 0.04mg (1.96%), Vitamin B5: 0.17mg (1.66%), Selenium: 1.16µg (1.66%), Zinc: 0.23mg (1.54%), Vitamin A: 60.66IU (1.21%)