



Balsamic Strawberries over Pound Cake

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

DESSERT

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon butter
- 1 teaspoon orange rind fresh grated
- 10 ounce round cake light frozen thawed cut into 12 slices
- 2 cups strawberries fresh halved
- 2 tablespoons sugar

Equipment

- frying pan

Directions

- Melt butter in a large nonstick skillet over medium-high heat. Stir in sugar and vinegar; cook 1 minute or until sugar dissolves and mixture is slightly thick. Stir in strawberries and orange rind, and cook 3 minutes or until strawberries are tender.
- Serve warm strawberry mixture over cake slices.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:4.11, Inflammation Score:-3, Nutrition Score:5.9499999284744%

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 Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 187.18kcal (9.36%), Fat: 3.33g (5.12%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 35.8g (13.02%), Sugar: 24.08g (26.76%), Cholesterol: 53.21mg (17.74%), Sodium: 310.51mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin C: 28.68mg (34.76%), Manganese: 0.29mg (14.41%), Folate: 33.9µg (8.47%), Vitamin B1: 0.13mg (8.46%), Iron: 1.51mg (8.37%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 77.39mg (7.74%), Selenium: 4.54µg (6.49%), Vitamin B3: 1.1mg (5.51%), Fiber: 1.23g (4.93%), Calcium: 42.61mg (4.26%), Potassium: 124.55mg (3.56%), Magnesium: 11.88mg (2.97%), Vitamin B5: 0.29mg (2.9%), Vitamin A: 138.23IU (2.76%), Copper: 0.05mg (2.68%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.31mg (2.09%), Vitamin E: 0.31mg (2.05%), Vitamin B12: 0.12µg (1.96%), Vitamin K: 1.31µg (1.25%)