



Balsamic Strawberries with Ricotta Cream



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 tablespoons chiffonade basil leaves fresh
- ☐ 2 tablespoons honey
- ☐ 1 cup part-skim ricotta cheese
- ☐ 16 ounce strawberries hulled quartered
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

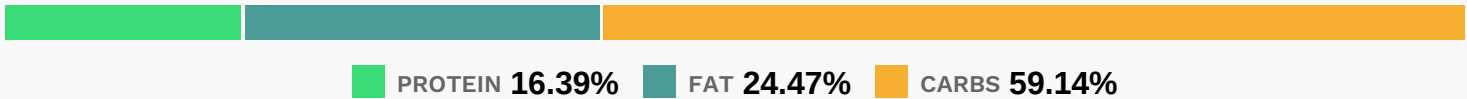
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Put the ricotta cheese, honey and vanilla extract into the small bowl of a food processor and process until smooth, about 1 minute.
- ☐ Transfer to a small bowl and refrigerate for at least 2 hours.
- ☐ In a small saucepan combine the vinegar and sugar and bring to a boil. Simmer over a medium heat for 2 minutes, stirring occasionally. Allow to cool completely.
- ☐ In a medium bowl, toss the berries with the basil and the balsamic syrup.
- ☐ Divide the cheese cream among 4 cocktail glasses, top with the berry mixture and serve.

Nutrition Facts



Properties

Glycemic Index:70.59, Glycemic Load:12.31, Inflammation Score:-6, Nutrition Score:10.542608588934%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 189.1kcal (9.45%), Fat: 5.27g (8.11%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 26.35g (9.58%), Sugar: 22.21g (24.67%), Cholesterol: 19.22mg (6.41%), Sodium: 81.96mg (3.56%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 7.94g (15.89%), Vitamin C: 66.91mg (81.1%), Manganese: 0.48mg (24.05%), Calcium: 192.54mg (19.25%), Selenium: 10.93µg (15.62%), Phosphorus: 143.97mg (14.4%), Fiber: 2.31g (9.22%), Folate: 36.17µg (9.04%), Vitamin B2: 0.15mg (8.59%), Potassium: 273.71mg (7.82%), Zinc: 1.03mg (6.88%), Vitamin K: 7.08µg (6.74%), Magnesium: 26.39mg (6.6%), Vitamin A: 304.44IU (6.09%), Iron: 0.9mg (5.02%), Copper: 0.09mg (4.35%), Vitamin B6: 0.07mg (3.49%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.18µg (3%), Vitamin B1: 0.04mg (2.71%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.38mg (2.54%)