



Balsamic Strawberries with Whipped Mascarpone Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.5 cup mascarpone cheese chilled
- ☐ 72 ounces baskets strawberries hulled halved
- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream chilled

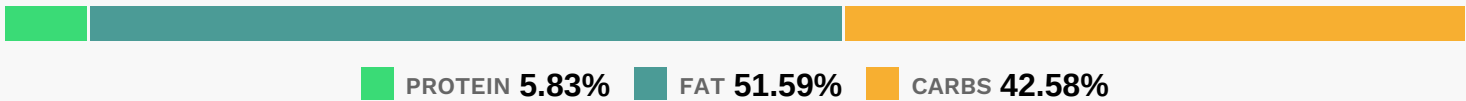
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine vinegar, 2 teaspoons sugar, and lemon juice in heavy small saucepan. Stir over medium heat until sugar dissolves. Boil until syrup is reduced to scant 1/4 cup, about 3 minutes.
- ☐ Transfer to small bowl; cool completely. (Can be made 2 days ahead. Cover and refrigerate.)
- ☐ Combine mascarpone, cream, vanilla, and 2 tablespoons sugar in medium bowl.
- ☐ Whisk until thick soft peaks form. Cover and refrigerate up to 4 hours.
- ☐ Combine berries and remaining 2 tablespoons sugar in large bowl; drizzle with balsamic syrup and toss to blend.
- ☐ Let stand 30 minutes, stirring occasionally.
- ☐ Divide berries and syrup among 6 goblets. Top with mascarpone mixture.
- ☐ *Italian cream cheese, available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:9.87, Inflammation Score:-8, Nutrition Score:15.089565131975%

Flavonoids

Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 84.54mg, Pelargonidin: 84.54mg, Pelargonidin: 84.54mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 10.58mg, Catechin: 10.58mg, Catechin: 10.58mg, Catechin: 10.58mg Epigallocatechin: 2.65mg, Epigallocatechin: 2.65mg, Epigallocatechin: 2.65mg, Epigallocatechin: 2.65mg

Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epicatechin 3–gallate: 0.51mg, Epicatechin 3–gallate: 0.51mg, Epicatechin 3–gallate: 0.51mg, Epicatechin 3–gallate: 0.51mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 279.32kcal (13.97%), Fat: 16.62g (25.57%), Saturated Fat: 9.86g (61.64%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 24.07g (8.75%), Sugar: 20.72g (23.02%), Cholesterol: 41.16mg (13.72%), Sodium: 22.38mg (0.97%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 4.23g (8.45%), Vitamin C: 200.31mg (242.81%), Manganese: 1.33mg (66.64%), Fiber: 6.81g (27.22%), Folate: 82.52µg (20.63%), Potassium: 556.15mg (15.89%), Vitamin A: 594.9IU (11.9%), Magnesium: 47.38mg (11.84%), Calcium: 97.67mg (9.77%), Phosphorus: 95.89mg (9.59%), Copper: 0.17mg (8.48%), Iron: 1.52mg (8.43%), Vitamin B6: 0.17mg (8.36%), Vitamin E: 1.17mg (7.8%), Vitamin K: 8.12µg (7.73%), Vitamin B3: 1.33mg (6.64%), Vitamin B2: 0.11mg (6.63%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.48mg (4.76%), Zinc: 0.54mg (3.57%), Selenium: 1.96µg (2.81%), Vitamin D: 0.32µg (2.12%)