



Brown Sugar Strawberries

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 4 cups strawberries
- ☐ 0.7 cup yogurt plain
- ☐ 0.7 cup brown sugar loosely packed

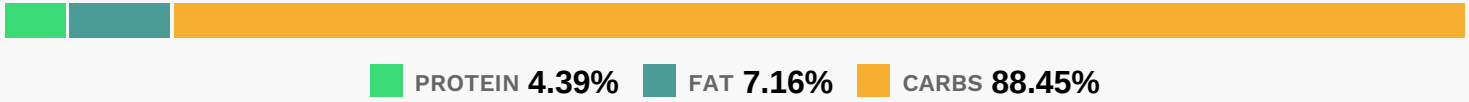
Equipment

- ☐ bowl

Directions

- ☐
- Rinse and dry strawberries, but do not hull.
- ☐
- Place strawberries in serving bowl.
- ☐
- Place yogurt and brown sugar in 2 separate bowls. To eat, dip strawberries into yogurt, then into brown sugar.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:1.21, Inflammation Score:-2, Nutrition Score:3.3634783172089%

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 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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 70.11kcal (3.51%), Fat: 0.59g (0.9%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.35g (5.58%), Sugar: 14.84g (16.49%), Cholesterol: 1.77mg (0.59%), Sodium: 10.16mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin C: 28.29mg (34.29%), Manganese: 0.19mg (9.68%), Fiber: 0.96g (3.84%), Calcium: 34.29mg (3.43%), Potassium: 110.79mg (3.17%), Folate: 12.6µg (3.15%), Phosphorus: 24.94mg (2.49%), Magnesium: 8.97mg (2.24%), Vitamin B2: 0.03mg (1.76%), Iron: 0.29mg (1.61%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.5%), Vitamin B5: 0.13mg (1.29%), Vitamin B3: 0.21mg (1.04%), Vitamin K: 1.08µg (1.03%), Vitamin B1: 0.02mg (1.03%), Zinc: 0.15mg (1.01%)