

Cannoli Cream-Filled Strawberries

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



459 kcal

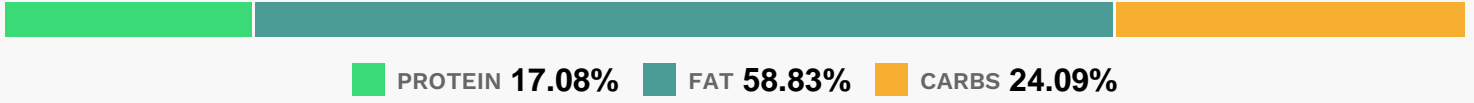
DESSERT

Ingredients

- 2 ounces cream cheese
- 24 strawberries dried cleaned
- 1 tsp honey
- 0.3 tsp lemon zest
- 2 T powdered sugar
- 1.3 cup ricotta cheese
- 0.5 tsp vanilla

Equipment

Nutrition Facts



Properties

Glycemic Index:53.14, Glycemic Load:3.2, Inflammation Score:-6, Nutrition Score:9.1795652173913%

Nutrients (% of daily need)

Calories: 458.82kcal (22.94%), Fat: 29.87g (45.96%), Saturated Fat: 18.58g (116.15%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 26.58g (9.67%), Sugar: 21.03g (23.36%), Cholesterol: 107.68mg (35.89%), Sodium: 219.63mg (9.55%), Alcohol: 0.36g (2.01%), Protein: 19.51g (39.02%), Selenium: 24.99µg (35.7%), Calcium: 355.09mg (35.51%), Phosphorus: 275.47mg (27.55%), Vitamin B2: 0.37mg (21.85%), Vitamin A: 1070.61IU (21.41%), Zinc: 1.95mg (13%), Vitamin B12: 0.59µg (9.82%), Potassium: 204.11mg (5.83%), Folate: 21.25µg (5.31%), Magnesium: 19.84mg (4.96%), Vitamin B5: 0.5mg (4.95%), Vitamin B6: 0.08mg (4.2%), Iron: 0.75mg (4.17%), Fiber: 0.93g (3.73%), Vitamin E: 0.41mg (2.77%), Vitamin K: 2.3µg (2.19%), Vitamin D: 0.31µg (2.07%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.8%)