



Fresas Con Crema (Strawberries with Cream)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

Ingredients



1 cup crema fresca



2 cups heavy cream



3 cups strawberries fresh washed and halved



0.3 teaspoon vanilla extract

Equipment



bowl

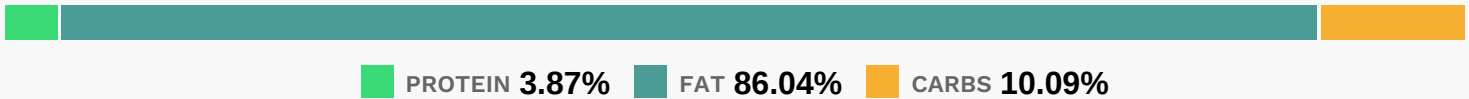


blender

Directions

- ☐ In a bowl using a mixer, combine the crème fraîche, heavy cream, vanilla and the sugar. Whip on medium–high speed until soft peaks form and the cream holds its shape. Using glasses or plastic cups, make layers using the strawberries and crema (i.e.: one layer of strawberries, then one layer of cream, & so on).
- ☐ Drizzle with condensed milk if desired and serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:8.7043479162714%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 369.15kcal (18.46%), Fat: 36.29g (55.83%), Saturated Fat: 22.13g (138.31%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 8.14g (2.96%), Sugar: 7.17g (7.96%), Cholesterol: 112.26mg (37.42%), Sodium: 34.04mg (1.48%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.67g (7.34%), Vitamin C: 43.16mg (52.31%), Vitamin A: 1413.66IU (28.27%), Manganese: 0.28mg (14.17%), Vitamin B2: 0.23mg (13.5%), Calcium: 102.61mg (10.26%), Phosphorus: 92.44mg (9.24%), Vitamin D: 1.27µg (8.46%), Vitamin E: 1.08mg (7.23%), Potassium: 233.69mg (6.68%), Selenium: 4.09µg (5.84%), Fiber: 1.44g (5.76%), Folate: 22.75µg (5.69%), Magnesium: 18.77mg (4.69%), Vitamin K: 4.7µg (4.47%), Vitamin B5: 0.42mg (4.21%), Vitamin B6: 0.08mg (3.87%), Vitamin B12: 0.21µg (3.46%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.72%), Copper: 0.05mg (2.52%), Iron: 0.4mg (2.23%), Vitamin B3:

0.37mg (1.83%)