



Fresh Strawberries with Sweet Sour Cream and Red Wine Sauce



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



774 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup confectioners' sugar for dusting plus more
- ☐ 1.5 cups cup heavy whipping cream sour refrigerated
- ☐ 3 cups full-bodied red wine
- ☐ 4 to 5 strips orange peel 1-inch wide, 3-inches long
- ☐ 0.3 cup liqueur orange-flavored recommended: Grand Marnier
- ☐ 2 pints strawberries fresh
- ☐ 1.5 cups sugar

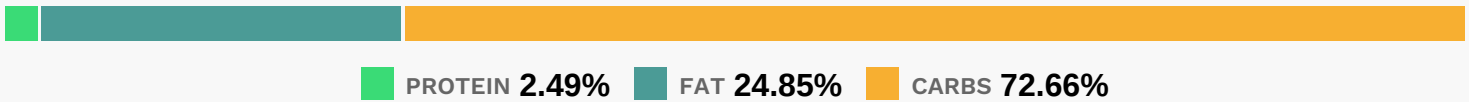
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ In a large saucepan add red wine, sugar, orange peel and orange-flavored liqueur. Bring to a boil and reduce to a simmer. Simmer for 30 minutes over low-heat until slightly syrupy and liquid has reduced by half. Set aside and cool in the refrigerator. Strain.
- ☐ In a mixing bowl, combine the sour cream with confectioners' sugar. Take a large platter and make a smear of the sweet sour cream. Arrange the strawberries with the bottoms down in the sour cream.
- ☐ Pour over the red wine sauce and dust the entire plate with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:58.44, Inflammation Score:-9, Nutrition Score:16.621739304584%

Flavonoids

Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg Petunidin: 3.82mg, Petunidin: 3.82mg, Petunidin: 3.82mg, Petunidin: 3.82mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 24.94mg, Malvidin: 24.94mg, Malvidin: 24.94mg, Malvidin: 24.94mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 2.37mg, Peonidin: 2.37mg, Peonidin: 2.37mg, Peonidin: 2.37mg Catechin: 20.21mg, Catechin: 20.21mg, Catechin: 20.21mg, Catechin: 20.21mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 3.8mg, Naringenin: 3.8mg, Naringenin: 3.8mg, Naringenin: 3.8mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg

0.85mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 774.48kcal (38.72%), Fat: 17.75g (27.31%), Saturated Fat: 8.77g (54.78%), Carbohydrates: 116.8g (38.93%), Net Carbohydrates: 110.79g (40.29%), Sugar: 102.56g (113.96%), Cholesterol: 50.89mg (16.96%), Sodium: 38.74mg (1.68%), Alcohol: 22.92g (100%), Alcohol %: 4.74% (100%), Caffeine: 3.84mg (1.28%), Protein: 4.01g (8.02%), Vitamin C: 156.21mg (189.35%), Manganese: 1.17mg (58.31%), Fiber: 6g (24.02%), Potassium: 729.91mg (20.85%), Folate: 67.36µg (16.84%), Phosphorus: 167.14mg (16.71%), Vitamin B2: 0.28mg (16.53%), Magnesium: 64.06mg (16.02%), Calcium: 159.66mg (15.97%), Vitamin B6: 0.27mg (13.51%), Vitamin A: 619.73IU (12.39%), Iron: 2.01mg (11.14%), Copper: 0.17mg (8.58%), Vitamin B3: 1.53mg (7.63%), Selenium: 5.16µg (7.37%), Vitamin B5: 0.7mg (6.98%), Vitamin E: 1.04mg (6.96%), Vitamin K: 7.22µg (6.87%), Vitamin B1: 0.1mg (6.53%), Zinc: 0.91mg (6.07%), Vitamin B12: 0.18µg (3.02%)