



WHATSheATE



Frosting-Stuffed Strawberries



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



328 kcal

DESSERT

Ingredients



18 large strawberries fresh hulled



0.3 cup sprinkles



12 oz fluffy frosting white



1.6 oz chocolate

Equipment

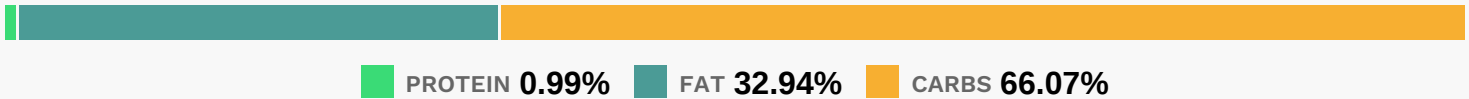


bowl

Directions

- ☐ Cut tip off bottom of each strawberry so it can stand.
- ☐ Place sprinkles in small bowl.
- ☐ Fill each strawberry generously with frosting; dip frosted top into sprinkles. Insert chocolate piece into frosting.
- ☐ Serve immediately or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:20.93, Glycemic Load:20.11, Inflammation Score:-3, Nutrition Score:6.5765217387158%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 328.25kcal (16.41%), Fat: 12.28g (18.89%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 55.41g (18.47%), Net Carbohydrates: 53.39g (19.41%), Sugar: 49.57g (55.08%), Cholesterol: 0mg (0%), Sodium: 106.31mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.83mg (1.61%), Protein: 0.83g (1.66%), Vitamin C: 47.63mg (57.73%), Manganese: 0.35mg (17.44%), Vitamin B2: 0.21mg (12.15%), Vitamin K: 9.61µg (9.16%), Fiber: 2.02g (8.09%), Vitamin E: 1.12mg (7.48%), Folate: 24.2µg (6.05%), Magnesium: 19.37mg (4.84%), Potassium: 164.45mg (4.7%), Copper: 0.08mg (4.05%), Phosphorus: 40.41mg (4.04%), Iron: 0.63mg (3.47%), Vitamin B3: 0.49mg (2.43%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.26mg (1.75%), Calcium: 16.42mg (1.64%), Vitamin

B5: 0.14mg (1.38%)