



Frozen Strawberry Swirl



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large egg whites
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons orange marmalade
- ☐ 2 tablespoons liqueur orange-flavored
- ☐ 1 cup strawberries fresh sliced
- ☐ 8 cups strawberries fresh divided sliced (6 pints)
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup water

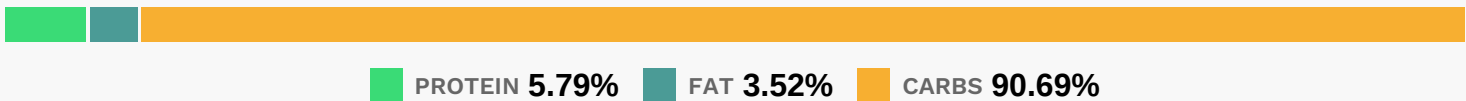
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ candy thermometer

Directions

- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until stiff peaks form.
- ☐ Combine sugar and water in a saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form.
- ☐ Place 4 cups strawberries, lemon juice, and vanilla in a food processor or blender, and process for 1 minute or until smooth. Strain the strawberry mixture through a sieve over a large bowl; discard seeds. Gently stir one-fourth of egg white mixture into strawberry mixture; gently fold in the remaining egg white mixture.
- ☐ Place 4 cups strawberries, marmalade, and liqueur in a food processor or blender; process for 1 minute or until smooth.
- ☐ Drizzle 1/2 cup sauce over egg white mixture; reserve remaining 1 1/2 cups sauce. Swirl sauce into egg white mixture using the tip of a knife. Cover; freeze until firm.
- ☐ Serve with remaining sauce and sliced berries.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:19.85, Inflammation Score:-7, Nutrition Score:12.144782634533%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 64.41mg, Pelargonidin: 64.41mg, Pelargonidin: 64.41mg, Pelargonidin: 64.41mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 8.06mg, Catechin: 8.06mg, Catechin: 8.06mg, Catechin: 8.06mg Epigallocatechin: 2.02mg, Epigallocatechin: 2.02mg, Epigallocatechin: 2.02mg, Epigallocatechin: 2.02mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 221.05kcal (11.05%), Fat: 0.87g (1.34%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 45.23g (16.45%), Sugar: 42.41g (47.12%), Cholesterol: 0mg (0%), Sodium: 32.12mg (1.4%), Alcohol: 2.66g (100%), Alcohol %: 1.03% (100%), Protein: 3.22g (6.44%), Vitamin C: 154.15mg (186.84%), Manganese: 1.01mg (50.37%), Fiber: 5.28g (21.11%), Folate: 64.42µg (16.1%), Potassium: 427.21mg (12.21%), Magnesium: 35.78mg (8.95%), Vitamin B2: 0.12mg (7.23%), Copper: 0.14mg (7.13%), Phosphorus: 64.96mg (6.5%), Vitamin B6: 0.13mg (6.32%), Iron: 1.1mg (6.14%), Selenium: 3.87µg (5.53%), Vitamin K: 5.7µg (5.43%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.76mg (5.09%), Calcium: 47.78mg (4.78%), Vitamin B1: 0.06mg (4.28%), Vitamin B5: 0.36mg (3.55%), Zinc: 0.38mg (2.51%)