



Grand Marnier Strawberries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



6 min.

SERVINGS



4

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup grand marnier orange-flavored (liqueur)



2 teaspoons orange rind fresh grated



1 quart strawberries sliced

Equipment



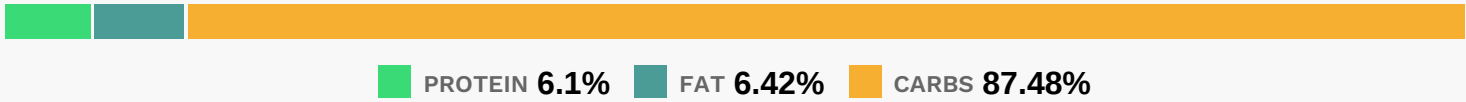
bowl

Directions

- ☐
- Combine all ingredients in a medium bowl; toss gently.

☐

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.38, Inflammation Score:-7, Nutrition Score:11.018260935078%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 122.11kcal (6.11%), Fat: 0.76g (1.16%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 18.33g (6.67%), Sugar: 16.32g (18.13%), Cholesterol: 0mg (0%), Sodium: 3.58mg (0.16%), Alcohol: 3.84g (100%), Alcohol %: 1.93% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.61g (3.23%), Vitamin C: 140.47mg (170.27%), Manganese: 0.92mg (45.79%), Fiber: 4.84g (19.35%), Folate: 57.08µg (14.27%), Potassium: 368.52mg (10.53%), Magnesium: 31.42mg (7.85%), Copper: 0.12mg (6.02%), Phosphorus: 57.88mg (5.79%), Vitamin B6: 0.11mg (5.65%), Iron: 0.99mg (5.48%), Vitamin K: 5.2µg (4.96%), Vitamin B3: 0.94mg (4.72%), Vitamin E: 0.69mg (4.59%), Calcium: 39.61mg (3.96%), Vitamin B1: 0.06mg (3.9%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.34mg (2.25%), Selenium: 1µg (1.43%)