



## Grilled Strawberries with Orange Cream

 Vegetarian

READY IN



8 min.

SERVINGS



8

CALORIES



532 kcal

SIDE DISH

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons firmly brown sugar packed
- 0.5 cup butter (1 stick)
- 8 servings cream scones for serving, see recipe
- 3 ounces cream cheese
- 2.5 cups flour all-purpose plus more for rolling dough
- 0.3 cup heavy cream for brushing
- 1 teaspoon orange zest

- 0.5 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 1 quart strawberries fresh
- 0.5 cup sugar
- 1 tablespoon sugar
- 1 tablespoon vanilla extract
- 6 inch wooden skewers for 30 minutes
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## Equipment

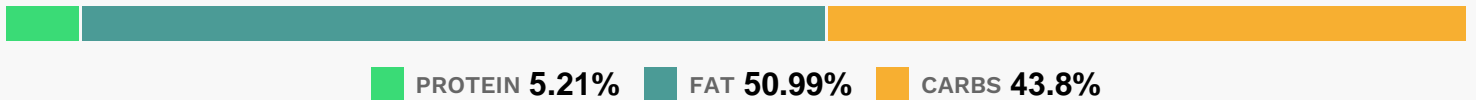
- bowl
- baking sheet
- baking paper
- oven
- blender
- grill
- skewers

## Directions

- Preheat the grill to medium heat. Spray the grill rack with nonstick, nonflammable cooking spray.
- In a small serving bowl, combine the sour cream, brown sugar, vanilla extract, and orange zest. Set aside.
- Thread the strawberries evenly onto the skewers. Grill the strawberries until barely softened, about 1 minute per side.
- Serve skewered strawberries with orange cream and Cream Scones.
- Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- In a medium bowl, combine the flour, sugar, baking powder, and salt. Using a pastry blender, cut in the butter and cream cheese until the mixture is crumbly.
- Add the heavy cream, stirring just until the dry ingredients are moistened.

- Turn the dough out onto a lightly floured surface.
- Roll or pat the dough to 1-inch thickness.
- Cut the scones using a 2 1/2-inch round cookie or biscuit cutter.
- Place on the prepared baking sheet.
- Brush the tops with the remaining tablespoon cream and sprinkle with turbinado sugar.
- Bake until golden brown, about 12 minutes.

## Nutrition Facts



### Properties

Glycemic Index:44.26, Glycemic Load:33.4, Inflammation Score:-8, Nutrition Score:15.787391507107%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 531.58kcal (26.58%), Fat: 30.51g (46.95%), Saturated Fat: 18.15g (113.46%), Carbohydrates: 58.96g (19.65%), Net Carbohydrates: 55.51g (20.19%), Sugar: 25.08g (27.87%), Cholesterol: 86.36mg (28.79%), Sodium: 394.72mg (17.16%), Alcohol: 0.56g (100%), Alcohol %: 0.28% (100%), Protein: 7.02g (14.04%), Vitamin C: 70.31mg (85.22%), Manganese: 0.73mg (36.75%), Folate: 104.08µg (26.02%), Selenium: 16.7µg (23.86%), Vitamin B1: 0.35mg (23.29%), Vitamin A: 1057.95IU (21.16%), Vitamin B2: 0.35mg (20.44%), Calcium: 146.21mg (14.62%), Phosphorus: 143.85mg (14.39%), Vitamin B3: 2.83mg (14.17%), Iron: 2.51mg (13.92%), Fiber: 3.45g (13.8%), Potassium: 307.67mg (8.79%), Magnesium: 30.66mg (7.66%), Vitamin E: 1.13mg (7.51%), Copper: 0.13mg (6.34%), Vitamin B5: 0.56mg (5.61%), Vitamin B6: 0.1mg (5.09%), Vitamin K: 5.16µg (4.92%), Zinc: 0.67mg (4.43%), Vitamin D: 0.4µg (2.66%),

Vitamin B12: 0.15µg (2.46%)