



Honey-Lime Strawberries with Whipped Cream

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



254 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cardamom
- 1 cup heavy cream
- 0.3 cup another mild-flavored honey
- 2 pints lemon sorbet
- 2 tablespoons juice of lime freshly squeezed
- 0.5 teaspoon lime zest finely grated plus more for garnish
- 2 pounds strawberries hulled thinly sliced

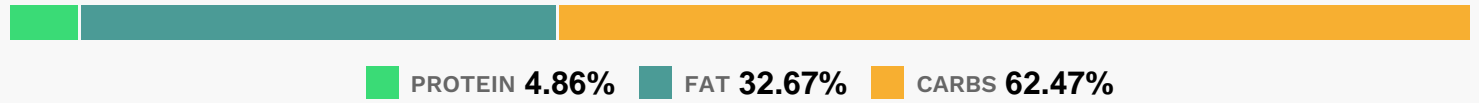
Equipment

- bowl
- sauce pan

Directions

- Put the strawberries in a large heatproof bowl. In a small saucepan, combine 1/4 cup plus 2 tablespoons of the honey with the lime juice and bring to a boil. Stir in the 1/2 teaspoon of lime zest and the cardamom.
- Pour the syrup over the strawberries, stirring to coat.
- Let stand, stirring once or twice, until the berries are juicy and slightly softened, 25 to 30 minutes.
- Meanwhile, in another bowl, whip the heavy cream with the remaining 1 tablespoon of honey until soft peaks form. Scoop the lemon sorbet into glasses and top with the strawberries and their juices. Dollop the whipped cream on top and garnish with lime zest.
- Serve right away.

Nutrition Facts



Properties

Glycemic Index:12.93, Glycemic Load:5.71, Inflammation Score:-5, Nutrition Score:6.8173912089804%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

1.02mg, Quercetin: 1.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 254kcal (12.7%), Fat: 9.34g (14.37%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 36.53g (13.28%), Sugar: 30.12g (33.47%), Cholesterol: 26.89mg (8.96%), Sodium: 71.15mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Vitamin C: 54.47mg (66.02%), Manganese: 0.37mg (18.59%), Fiber: 3.66g (14.63%), Vitamin A: 362.3IU (7.25%), Folate: 23.2µg (5.8%), Potassium: 169.99mg (4.86%), Vitamin B2: 0.07mg (4.03%), Phosphorus: 36.44mg (3.64%), Magnesium: 13.99mg (3.5%), Vitamin E: 0.49mg (3.26%), Calcium: 31.38mg (3.14%), Vitamin B6: 0.05mg (2.71%), Vitamin K: 2.78µg (2.64%), Vitamin D: 0.38µg (2.54%), Copper: 0.05mg (2.51%), Iron: 0.44mg (2.45%), Vitamin B3: 0.38mg (1.9%), Vitamin B5: 0.18mg (1.84%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.15µg (1.64%), Zinc: 0.21mg (1.39%)