



Lavender-Scented Strawberries with Honey Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 3 large egg yolk
- ☐ 0.5 teaspoon gelatin powder unflavored
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon culinary lavender buds dried (such as McCormick)
- ☐ 1 cup milk 2% reduced-fat
- ☐ 6 ounce yogurt plain 2% greek-style

- ☐ 0.1 teaspoon salt
- ☐ 2 cups strawberries quartered
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 1 tablespoon water

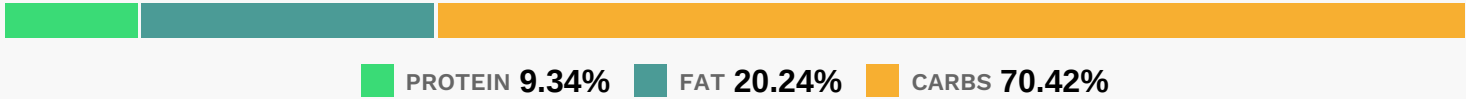
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Bring first 3 ingredients to a boil in a small saucepan; cook 1 minute or until sugar dissolves, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes. Strain syrup through a sieve into a small bowl; discard solids. Chill.
- ☐ Sprinkle gelatin over 1 tablespoon water in a small bowl.
- ☐ Let stand 1 minute or until gelatin dissolves.
- ☐ Combine honey, cornstarch, salt, and egg yolks in a medium bowl; stir well with a whisk.
- ☐ Heat milk over medium-high heat in a small heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium heat until thick and bubbly (about 2 minutes), stirring constantly.
- ☐ Remove from heat; add gelatin mixture, stirring well.
- ☐ Pour milk mixture into a bowl; stir occasionally until cool but not set (about 20 minutes). Stir in yogurt. Spoon 1/4 cup yogurt mixture into each of 8 dessert glasses or bowls. Cover and chill at least 2 hours.
- ☐ Top each serving with 1/4 cup strawberries, and drizzle with 2 teaspoons syrup.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:11.38, Inflammation Score:-2, Nutrition Score:4.8973912778108%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 132.67kcal (6.63%), Fat: 3.1g (4.77%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 23.53g (8.56%), Sugar: 21.29g (23.66%), Cholesterol: 73.97mg (24.66%), Sodium: 65.16mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin C: 21.42mg (25.97%), Phosphorus: 81.62mg (8.16%), Manganese: 0.16mg (7.88%), Vitamin B2: 0.13mg (7.8%), Calcium: 77.07mg (7.71%), Selenium: 5.21µg (7.44%), Vitamin B12: 0.36µg (5.99%), Folate: 21.2µg (5.3%), Vitamin B5: 0.43mg (4.31%), Potassium: 142.07mg (4.06%), Zinc: 0.49mg (3.27%), Fiber: 0.76g (3.04%), Vitamin B6: 0.06mg (2.99%), Vitamin A: 148.32IU (2.97%), Magnesium: 11.24mg (2.81%), Vitamin B1: 0.04mg (2.51%), Vitamin D: 0.37µg (2.44%), Iron: 0.41mg (2.25%), Vitamin E: 0.29mg (1.94%), Copper: 0.04mg (1.93%)