



Marinated Strawberries



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 1 quart strawberries thick cut into slices

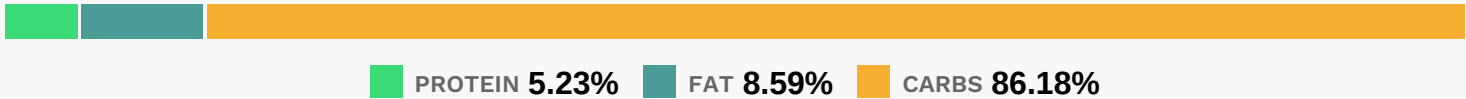
Equipment

- ☐ whisk

Directions

- ☐ Combine first 4 ingredients; stir with a whisk.
- ☐ Add strawberries, and toss. Cover and chill.
- ☐ Sprinkle with lime rind, if desired.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:9.92, Inflammation Score:-7, Nutrition Score:11.250869613627%

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, 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 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg 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: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 114.55kcal (5.73%), Fat: 1.22g (1.88%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 22.77g (8.28%), Sugar: 20.32g (22.58%), Cholesterol: 0mg (0%), Sodium: 3mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin C: 141.42mg (171.41%), Manganese: 0.95mg (47.74%), Fiber: 4.85g (19.38%), Folate: 57.78µg (14.45%), Potassium: 379.54mg (10.84%), Magnesium: 31.99mg (8%), Copper: 0.12mg (6.13%), Phosphorus: 58.65mg (5.86%), Vitamin B6: 0.12mg (5.86%), Iron: 1.05mg (5.82%), Vitamin K: 5.96µg (5.68%), Vitamin E: 0.78mg (5.18%), Vitamin B3: 0.94mg (4.7%), Calcium: 40.65mg (4.06%), Vitamin B1: 0.06mg (3.93%), Vitamin B2: 0.06mg (3.39%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.36mg (2.42%), Selenium: 1.05µg (1.5%)