



Marinated Strawberries in Orange Liqueur



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup vanilla yogurt frozen low-fat softened
- ☐ 2 tablespoons grand marnier orange-flavored divided
- ☐ 1 teaspoon juice of lemon
- ☐ 3 cups strawberries quartered
- ☐ 1 tablespoon sugar
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie

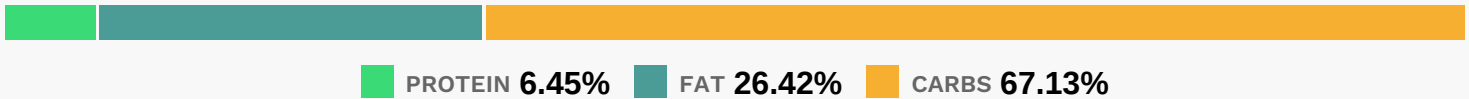
Equipment

- ☐ bowl

Directions

- ☐ Combine strawberries, sugar, and 1 tablespoon liqueur in a bowl; toss gently. Cover and chill.
- ☐ Place frozen yogurt in a bowl, and stir until smooth; fold in whipped topping.
- ☐ Add remaining liqueur and lemon juice; stir well.
- ☐ Spoon 1/2 cup strawberry mixture into 6 individual dessert dishes, and top with 1/4 cup yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:5.2130435546455%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 102.94kcal (5.15%), Fat: 2.88g (4.44%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.05g (5.47%), Sugar: 14.42g (16.02%), Cholesterol: 0.61mg (0.2%), Sodium: 25.81mg (1.12%), Alcohol: 1.3g (100%), Alcohol %: 1.49% (100%), Protein: 1.59g (3.17%), Vitamin C: 42.8mg (51.88%), Manganese: 0.28mg (14.06%), Fiber: 1.44g (5.77%), Phosphorus: 50.12mg (5.01%), Folate: 18.9µg (4.73%), Potassium: 163.16mg (4.66%), Calcium: 46.26mg (4.63%), Vitamin B2: 0.07mg (4.03%), Magnesium: 12.95mg (3.24%), Vitamin B6:

0.05mg (2.56%), Copper: 0.05mg (2.26%), Vitamin B5: 0.21mg (2.07%), Iron: 0.37mg (2.04%), Vitamin E: 0.29mg (1.95%), Vitamin K: 2.04µg (1.94%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.35mg (1.75%), Selenium: 1.21µg (1.73%), Vitamin B12: 0.08µg (1.29%), Zinc: 0.19mg (1.27%), Vitamin A: 56.1IU (1.12%)