



Marinated Strawberries with Mango Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



153 kcal

SIDE DISH

Ingredients



2 teaspoons mint leaves fresh chopped



1 cup mango sorbet



1 tablespoon powdered sugar



1.5 cups strawberries sliced

Equipment



bowl

Directions

- ☐
- Combine the first 3 ingredients in a bowl. Cover the strawberry mixture, and chill 2 hours.
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- Spoon 1/2 cup strawberry mixture into each of 2 dessert bowls, and top each serving with 1/2 cup mango sorbet.

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Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.45, Inflammation Score:-4, Nutrition Score:6.6386957000131%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 153.11kcal (7.66%), Fat: 0.74g (1.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 30.72g (11.17%), Sugar: 24.96g (27.74%), Cholesterol: 0mg (0%), Sodium: 56.8mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin C: 63.54mg (77.01%), Manganese: 0.42mg (20.91%), Fiber: 3.74g (14.98%), Folate: 26.03µg (6.51%), Potassium: 165.89mg (4.74%), Magnesium: 14.12mg (3.53%), Copper: 0.05mg (2.62%), Phosphorus: 25.99mg (2.6%), Vitamin B6: 0.05mg (2.54%), Iron: 0.45mg (2.5%), Vitamin K: 2.38µg (2.26%), Vitamin B3: 0.42mg (2.09%), Vitamin E: 0.31mg (2.09%), Calcium: 17.56mg (1.76%),

Vitamin B1: 0.03mg (1.73%), Vitamin B2: 0.02mg (1.46%), Vitamin B5: 0.14mg (1.35%), Zinc: 0.15mg (1.02%)