



## Mini Strawberry Santas

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon mint
- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 cup heavy whipping cream
- ☐ 1 pint strawberries fresh hulled

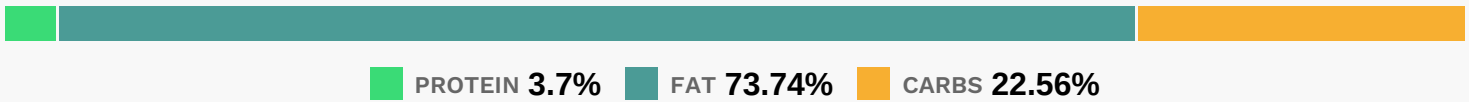
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ toothpicks

# Directions

- ☐ Cut the hulled-side strawberries so they can stand up on a plate. Slice the tip off each strawberry to make the 'hat'; set aside.
- ☐ Beat cream and confectioners' sugar in a glass or metal bowl until soft peaks form. Lift your beater or whisk straight up: the whipped cream will form soft mounds.
- ☐ Spoon a large dollop of whipped cream on top of strawberry base for the 'face' and 'beard'. Set the 'hat' atop the 'face'.
- ☐ Add a dot of whipped cream, using a toothpick, on top of the 'hat' for the 'pom-pom' and 2 dots on the strawberry base for 'buttons'.
- ☐ Place 2 sprinkles on the 'face' for 'eyes'.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:2.3491304555665%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 64.63kcal (3.23%), Fat: 5.49g (8.45%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.94g (3.26%), Cholesterol: 16.81mg (5.6%), Sodium: 4.32mg (0.19%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 17.48mg (21.19%), Manganese: 0.11mg (5.72%), Vitamin A: 222.21IU (4.44%), Fiber: 0.59g (2.37%), Vitamin B2: 0.03mg (2.03%), Folate: 7.69µg (1.92%), Potassium: 59.39mg (1.7%), Vitamin D: 0.24µg (1.59%), Phosphorus: 15.73mg (1.57%), Vitamin E: 0.22mg (1.48%), Calcium: 14.55mg (1.46%), Magnesium: 4.89mg (1.22%), Vitamin K: 1.13µg (1.07%)