



# Peppered Strawberries with Amaretto and Ice Cream

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons amaretto (almond-flavored liqueur)
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup firmly brown sugar light packed
- 2 tablespoons butter light
- 2.5 cups whipped cream light
- 1 pound strawberries fresh sliced

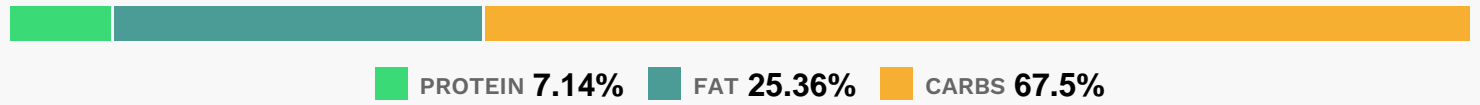
## Equipment

sauce pan

## Directions

- Combine first 4 ingredients in a small saucepan; cook over medium heat 2 minutes or until sugar dissolves. Stir in strawberries; remove from heat.
- Serve immediately over ice cream.
- Note: You may substitute 1/4 teaspoon almond extract plus 2 tablespoons water for the amaretto, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.6, Glycemic Load:10.07, Inflammation Score:-5, Nutrition Score:8.9378261617992%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 254.56kcal (12.73%), Fat: 7.05g (10.85%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 40.15g (14.6%), Sugar: 33.84g (37.59%), Cholesterol: 26.46mg (8.82%), Sodium: 62.76mg (2.73%), Alcohol: 1.56g (100%), Alcohol %: 1.04% (100%), Protein: 4.47g (8.93%), Vitamin C: 54.25mg (65.76%), Manganese: 0.39mg (19.38%), Calcium: 149.64mg (14.96%), Vitamin B2: 0.22mg (12.87%), Phosphorus: 103.07mg (10.31%), Potassium: 319.94mg (9.14%), Vitamin A: 447.55IU (8.95%), Fiber: 2.09g (8.37%), Folate: 26.53µg (6.63%), Vitamin B12: 0.36µg (6.07%), Magnesium: 24.23mg (6.06%), Vitamin B5: 0.5mg (4.96%), Zinc: 0.7mg (4.69%),

Vitamin B1: 0.06mg (4.2%), Vitamin B6: 0.08mg (4.12%), Iron: 0.68mg (3.77%), Copper: 0.07mg (3.33%), Selenium: 2.1µg (3%), Vitamin E: 0.44mg (2.97%), Vitamin K: 2.9µg (2.76%), Vitamin B3: 0.48mg (2.39%)