



Pound Cake with Strawberry Balsamic Syrup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1157 kcal

DESSERT

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 inch round cake
- ☐ 1.5 pints strawberries quartered
- ☐ 0.3 cup sugar
- ☐ 1 container whipped cream (1-pint)

Equipment

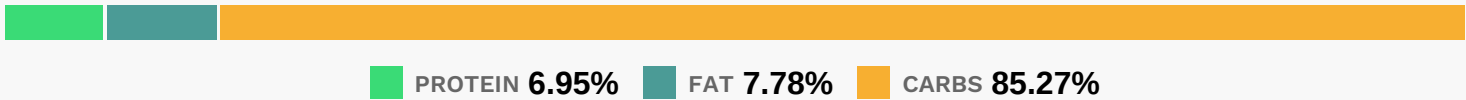
- ☐ bowl

☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a small saucepan over medium-high heat, and bring to a boil. Stir until sugar dissolves; continue to boil 6 minutes or until liquid is reduced to 1/3 cup.
- ☐ Place quartered berries in a medium bowl.
- ☐ Add warm balsamic mixture, and toss gently. Cool to room temperature. Cover and chill at least 1 hour, stirring well before serving.
- ☐ Place a piece of pound cake in the bottom of each of 4 bowls or glasses; top with about 1/2 cup berry mixture and 1/2 cup ice cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.27, Glycemic Load:17.51, Inflammation Score:-8, Nutrition Score:31.175217441891%

Flavonoids

Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg Petunidin: 0.86mg, Petunidin: 0.86mg, Petunidin: 0.86mg, Petunidin: 0.86mg Delphinidin: 1.39mg, Delphinidin: 1.39mg, Delphinidin: 1.39mg, Delphinidin: 1.39mg Malvidin: 5.27mg, Malvidin: 5.27mg, Malvidin: 5.27mg, Malvidin: 5.27mg Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 7.06mg, Catechin: 7.06mg, Catechin: 7.06mg, Catechin: 7.06mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1157.27kcal (57.86%), Fat: 9.93g (15.27%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 244.88g (81.63%), Net Carbohydrates: 239.6g (87.13%), Sugar: 155.16g (172.39%), Cholesterol: 352.01mg (117.34%), Sodium: 2156.38mg (93.76%), Alcohol: 2.1g (100%), Alcohol %: 0.46% (100%), Protein: 19.95g (39.89%), Vitamin C: 104.34mg (126.47%), Manganese: 1.44mg (71.9%), Vitamin B1: 0.88mg (58.74%), Vitamin B2: 0.97mg (57.11%), Iron: 10.27mg (57.07%), Phosphorus: 519.54mg (51.95%), Folate: 204.75µg (51.19%), Selenium: 32.21µg (46.01%), Vitamin B3: 7.34mg (36.72%), Calcium: 276.11mg (27.61%), Fiber: 5.28g (21.1%), Vitamin B5: 1.87mg (18.72%), Potassium: 637.67mg (18.22%), Magnesium: 63.6mg (15.9%), Copper: 0.31mg (15.29%), Vitamin B12: 0.83µg (13.82%), Zinc: 2.03mg (13.52%), Vitamin B6: 0.26mg (13.15%), Vitamin A: 553.65IU (11.07%), Vitamin E: 1.34mg (8.96%), Vitamin D: 0.69µg (4.6%), Vitamin K: 4.59µg (4.38%)