



Raffy's Strawberries in Vinegar

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



2

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped for garnish
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 teaspoon powdered sugar
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 pint strawberries fresh hulled sliced quartered
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

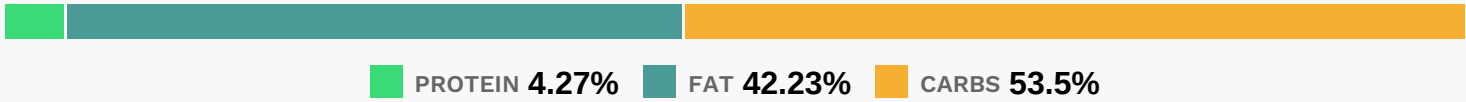
Equipment

☐ bowl

Directions

- ☐ For the berries: In a small bowl, toss the strawberries with the sugar and vinegar.
- ☐ Let the mixture stand at room temperature, stirring occasionally, for 2 hours.
- ☐ For the whipped cream: In a medium bowl, beat the heavy cream until it forms soft peaks.
- ☐ Add the powdered sugar and vanilla. Continue to beat until the cream holds stiff peaks.
- ☐ To serve: Spoon the strawberries and juices into 2 small glasses and add a dollop of whipped cream.
- ☐ Sprinkle with chopped mint and serve.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:13.75, Inflammation Score:-8, Nutrition Score:13.005652222944%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 236.18kcal (11.81%), Fat: 11.54g (17.75%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 32.88g (10.96%),
Net Carbohydrates: 27.74g (10.09%), Sugar: 25.52g (28.35%), Cholesterol: 33.62mg (11.21%), Sodium: 13.38mg
(0.58%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 2.62g (5.25%), Vitamin C: 140.96mg (170.86%),
Manganese: 0.98mg (49.1%), Fiber: 5.13g (20.53%), Folate: 63.67µg (15.92%), Vitamin A: 678.12IU (13.56%),
Potassium: 426.28mg (12.18%), Magnesium: 37.56mg (9.39%), Phosphorus: 78.95mg (7.89%), Iron: 1.33mg (7.38%),
Vitamin B2: 0.12mg (7.34%), Calcium: 70.78mg (7.08%), Copper: 0.14mg (6.82%), Vitamin B6: 0.13mg (6.42%),
Vitamin E: 0.96mg (6.4%), Vitamin K: 6.16µg (5.86%), Vitamin B3: 1.02mg (5.11%), Vitamin B1: 0.07mg (4.46%),
Vitamin B5: 0.39mg (3.89%), Vitamin D: 0.48µg (3.17%), Zinc: 0.47mg (3.1%), Selenium: 1.92µg (2.74%)