



Roasted Strawberries with Ice Cream



Gluten Free



Low Fod Map

READY IN



23 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 4 cups strawberries stemmed halved
- ☐ 4 tablespoons butter unsalted melted
- ☐ 1 pint whipped cream

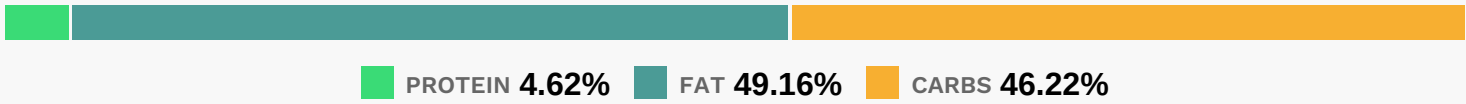
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400F. Toss strawberries, brown sugar and melted butter in an 8-inch square baking dish until berries are coated.
- ☐ Spread evenly in dish. Roast until berries are soft and juices are bubbling, approximately 15 minutes.
- ☐ Let cool to warm room temperature.
- ☐ Spoon ice cream into 4 dessert bowls and top with fruit.
- ☐ Pour any juices from baking dish over fruit.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:19.8, Inflammation Score:-7, Nutrition Score:13.749565238538%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 443.58kcal (22.18%), Fat: 24.8g (38.15%), Saturated Fat: 15.25g (95.28%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 48.77g (17.73%), Sugar: 45.47g (50.52%), Cholesterol: 82.15mg (27.38%), Sodium: 101.47mg (4.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin C: 85.38mg (103.49%),

Manganese: 0.57mg (28.73%), Calcium: 189.23mg (18.92%), Vitamin B2: 0.32mg (18.84%), Vitamin A: 865.16IU (17.3%), Phosphorus: 162.68mg (16.27%), Fiber: 3.71g (14.83%), Potassium: 477.37mg (13.64%), Folate: 41.03µg (10.26%), Magnesium: 36.8mg (9.2%), Vitamin B5: 0.9mg (9.01%), Vitamin B12: 0.49µg (8.09%), Vitamin E: 1.1mg (7.32%), Zinc: 1.03mg (6.9%), Vitamin B6: 0.13mg (6.53%), Vitamin B1: 0.08mg (5.58%), Copper: 0.1mg (5.25%), Iron: 0.8mg (4.43%), Selenium: 3.01µg (4.3%), Vitamin K: 4.5µg (4.29%), Vitamin B3: 0.71mg (3.57%), Vitamin D: 0.45µg (2.98%)