



Rosé strawberry syllabub



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



236 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 400 g strawberries hulled
- ☐ 4 tbsp caster sugar
- ☐ 4 tbsp rosé wine
- ☐ 170 ml double cream
- ☐ 4 strawberry leaves

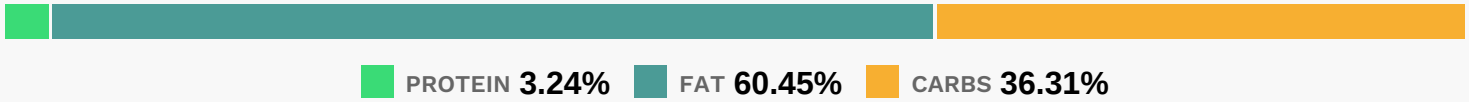
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Halve the strawberries and put them in a bowl with the sugar and wine.
- ☐ Mix well, then set aside at room temperature for about 40 mins this will make the strawberries really juicy.
- ☐ Use a slotted spoon to put the fruit into 4 large wine glasses, then pour the cream into the juices left in the bowl.
- ☐ Whip the cream and juice until it holds its shape, then spoon on top of the fruit. Decorate with a strawberry leaf if you like. Dont make these too far ahead as chilling spoils the flavour. Keep in a cool place for up to 1 hr until ready to serve.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:7.8586956469909%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 24.85mg, Pelargonidin: 24.85mg, Pelargonidin: 24.85mg, Pelargonidin: 24.85mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 236.33kcal (11.82%), Fat: 15.78g (24.28%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.3g (7.02%), Sugar: 18.23g (20.26%), Cholesterol: 48.31mg (16.1%), Sodium: 13.44mg (0.58%), Alcohol: 1.56g (100%), Alcohol %: 1.16% (100%), Protein: 1.9g (3.8%), Vitamin C: 59.1mg (71.64%), Manganese: 0.41mg (20.68%), Vitamin A: 646.66IU (12.93%), Fiber: 2.03g (8.11%), Folate: 26.04µg (6.51%), Vitamin B2: 0.11mg (6.38%),

Potassium: 209.24mg (5.98%), Phosphorus: 51.91mg (5.19%), Calcium: 46.37mg (4.64%), Vitamin E: 0.68mg (4.56%), Vitamin D: 0.68µg (4.56%), Magnesium: 17.76mg (4.44%), Vitamin B6: 0.07mg (3.59%), Vitamin K: 3.57µg (3.4%), Iron: 0.56mg (3.1%), Copper: 0.05mg (2.75%), Selenium: 1.79µg (2.55%), Vitamin B5: 0.24mg (2.4%), Vitamin B1: 0.03mg (2.22%), Vitamin B3: 0.44mg (2.2%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.07µg (1.14%)