



HEALTH SCORE

72%

Stewed Strawberries with Vanilla Bean and Fresh Mint

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular  Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



322 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 pints strawberries
- ☐ 1 vanilla pod (available here)

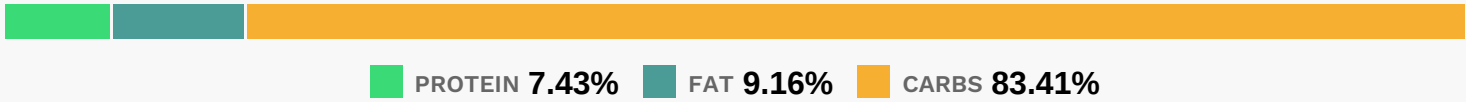
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ stove

Directions

- ☐ Take a sharp paring knife (I use this set), and hull the strawberries by slicing away their green leaves. Then chop the strawberries into 1/2-inch pieces. Toss the strawberries into a medium-sized saucepan, and crumble the jaggery over them. Take the vanilla bean and a sharp paring knife, and cut a slit down its length to expose its seeds.
- ☐ Place the vanilla bean into the saucepan with the strawberries and jaggery. Turn the stove to medium-low. Allow the strawberries to stew in the sugar until they release their juices, and those juices turn syrupy – about 15 minutes. Turn off the stove. Pluck out the vanilla bean, and scrape its seeds into the strawberries. Stir in the chopped mint, allowing a minute or 2 for the mint to wilt in the residual heat of the strawberries.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:21.5, Inflammation Score:-10, Nutrition Score:28.330000172491%

Flavonoids

Cyanidin: 15.9mg, Cyanidin: 15.9mg, Cyanidin: 15.9mg, Cyanidin: 15.9mg Petunidin: 1.04mg, Petunidin: 1.04mg, Petunidin: 1.04mg, Petunidin: 1.04mg Delphinidin: 2.93mg, Delphinidin: 2.93mg, Delphinidin: 2.93mg, Delphinidin: 2.93mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 235.17mg, Pelargonidin: 235.17mg, Pelargonidin: 235.17mg, Pelargonidin: 235.17mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 29.43mg, Catechin: 29.43mg, Catechin: 29.43mg, Catechin: 29.43mg Epigallocatechin: 7.38mg, Epigallocatechin: 7.38mg, Epigallocatechin: 7.38mg, Epigallocatechin: 7.38mg Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg Epicatechin 3-gallate: 1.42mg, Epicatechin 3-gallate: 1.42mg, Epicatechin 3-gallate: 1.42mg, Epicatechin 3-gallate: 1.42mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg Eriodictyol: 3.09mg, Eriodictyol: 3.09mg, Eriodictyol: 3.09mg, Eriodictyol: 3.09mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 2.46mg, Naringenin: 2.46mg, Naringenin: 2.46mg, Naringenin: 2.46mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 4.73mg, Kaempferol: 4.73mg, Kaempferol: 4.73mg, Kaempferol: 4.73mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg

Nutrients (% of daily need)

Calories: 321.58kcal (16.08%), Fat: 3.68g (5.67%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 75.42g (25.14%), Net Carbohydrates: 55.69g (20.25%), Sugar: 46.28g (51.42%), Cholesterol: 0mg (0%), Sodium: 12.56mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin C: 559.63mg (678.35%), Manganese: 3.77mg (188.53%), Fiber: 19.73g (78.91%), Folate: 238.52µg (59.63%), Potassium: 1504.82mg (42.99%), Magnesium: 131.03mg (32.76%), Iron: 4.39mg (24.38%), Copper: 0.49mg (24.36%), Phosphorus: 234.42mg (23.44%), Vitamin B6: 0.46mg (22.88%), Vitamin K: 20.82µg (19.83%), Vitamin B3: 3.82mg (19.12%), Vitamin E: 2.74mg (18.3%), Calcium: 175.72mg (17.57%), Vitamin B1: 0.24mg (15.69%), Vitamin B2: 0.23mg (13.81%), Vitamin B5: 1.22mg (12.17%), Vitamin A: 538.36IU (10.77%), Zinc: 1.44mg (9.57%), Selenium: 3.79µg (5.41%)