



## Strawberries and Cream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

### Ingredients

- 2 cups cup heavy whipping cream sour
- 1 quart strawberries fresh hulled chopped
- 1 cup sugar white

### Equipment

- bowl

### Directions

- Combine the strawberries and sugar in a bowl; mash until the strawberries are completely crushed and the sugar is incorporated.
- Add the sour cream to the strawberries and stir until the mixture is pink in color.
- Serve immediately.

## Nutrition Facts

**PROTEIN 3.38%** **FAT 40.17%** **CARBS 56.45%**

### Properties

Glycemic Index:13.76, Glycemic Load:20.14, Inflammation Score:-5, Nutrition Score:8.7973914457404%

### Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

### Nutrients (% of daily need)

Calories: 247.95kcal (12.4%), Fat: 11.59g (17.83%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 34.28g (12.47%), Sugar: 32.7g (36.33%), Cholesterol: 33.92mg (11.31%), Sodium: 19.26mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin C: 70.07mg (84.94%), Manganese: 0.46mg (23.2%), Fiber: 2.37g (9.46%), Folate: 31.84µg (7.96%), Calcium: 77.25mg (7.73%), Vitamin B2: 0.13mg (7.49%), Vitamin A: 372.42IU (7.45%), Potassium: 253.37mg (7.24%), Phosphorus: 72.09mg (7.21%), Magnesium: 21.13mg (5.28%), Vitamin B6: 0.08mg (3.96%), Selenium: 2.75µg (3.93%), Vitamin E: 0.56mg (3.74%), Copper: 0.07mg (3.44%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 3.46µg (3.3%), Iron: 0.54mg (2.99%), Vitamin B1: 0.04mg (2.66%), Vitamin B3: 0.51mg (2.55%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.12µg (2.01%)