



Strawberries and Cream Dessert

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



99 kcal

SIDE DISH

Ingredients

- 2 cups bananas sliced
- 0.8 cup knudsen cream sour
- 4 cups strawberries sliced
- 0.3 cup sugar

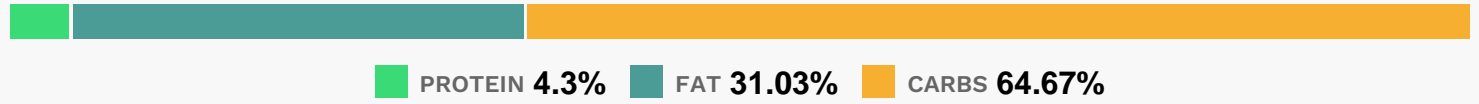
Equipment

- bowl

Directions

- Toss strawberries and bananas in bowl. Spoon evenly into 6 dessert dishes.
- Mix sour cream and sugar until well blended. Spoon evenly over fruit mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:8.12, Inflammation Score:-3, Nutrition Score:5.2473913949469%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 98.54kcal (4.93%), Fat: 3.63g (5.59%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.11g (5.49%), Sugar: 12.05g (13.39%), Cholesterol: 10.18mg (3.39%), Sodium: 6.27mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin C: 36.63mg (44.4%), Manganese: 0.31mg (15.27%), Fiber: 1.93g (7.73%), Vitamin B6: 0.14mg (7.21%), Potassium: 217.19mg (6.21%), Folate: 20.86µg (5.21%), Magnesium: 17.31mg (4.33%), Vitamin B2: 0.06mg (3.79%), Phosphorus: 33.53mg (3.35%), Calcium: 28.19mg (2.82%), Copper: 0.05mg (2.73%), Vitamin A: 133.58IU (2.67%), Vitamin B5: 0.23mg (2.3%), Vitamin B3: 0.44mg (2.19%), Iron: 0.33mg (1.83%), Vitamin B1: 0.03mg (1.77%), Vitamin E: 0.26mg (1.75%), Selenium: 1.2µg (1.71%), Vitamin K: 1.68µg (1.6%), Zinc: 0.18mg (1.22%)