



Strawberries in Meyer Lemon Syrup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup meyer lemon juice fresh
- ☐ 4 cups strawberries quartered
- ☐ 0.3 cup sugar
- ☐ 0.3 cup whipping cream

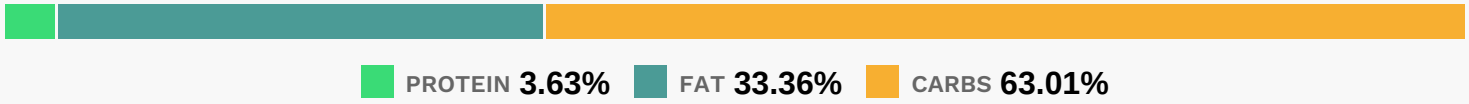
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place berries, juice, and sugar in a large bowl; toss gently to coat. Cover and chill 20 minutes.
- ☐ Place cream in a medium bowl; stir constantly with a whisk until soft peaks form.
- ☐ Serve whipped cream with berry mixture.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:12, Inflammation Score:-6, Nutrition Score:9.1121739317542%

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 Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg 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: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 148.13kcal (7.41%), Fat: 5.88g (9.04%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 22.06g (8.02%), Sugar: 20.34g (22.59%), Cholesterol: 16.81mg (5.6%), Sodium: 5.73mg (0.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 90.66mg (109.89%), Manganese: 0.56mg (27.92%), Fiber: 2.93g (11.7%), Folate: 38.21µg (9.55%), Potassium: 250.41mg (7.15%), Magnesium: 20.68mg (5.17%), Vitamin A: 236.86IU (4.74%), Phosphorus: 44.41mg (4.44%), Vitamin B6: 0.08mg (4%), Vitamin E: 0.58mg (3.85%), Vitamin B2: 0.06mg (3.78%), Copper: 0.07mg (3.7%), Vitamin K: 3.64µg (3.47%), Iron: 0.62mg (3.47%), Calcium: 33.9mg (3.39%), Vitamin B3: 0.58mg (2.9%), Vitamin B1: 0.04mg (2.75%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.25mg (1.64%), Vitamin D: 0.24µg (1.59%), Selenium: 1.11µg (1.59%)