



Strawberries Jubilee



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornstarch stirred with 2 tablespoons cold water
- ☐ 0.3 cup kirsch liqueur
- ☐ 1 slice optional: lemon (1/4-inch-thick)
- ☐ 1.5 lb strawberries trimmed halved
- ☐ 0.5 cup sugar
- ☐ 0.5 vanilla pod halved lengthwise
- ☐ 4 servings accompaniment: vanilla ice cream
- ☐ 1.5 cups water

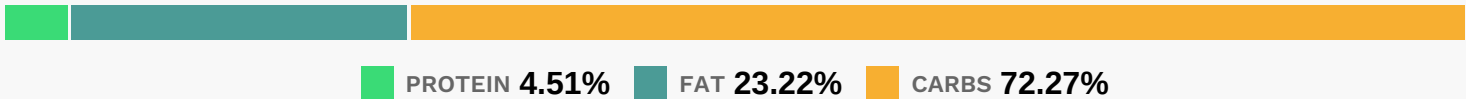
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Bring water, sugar, vanilla bean, and lemon slice to a boil over high heat, stirring until sugar is dissolved, then boil 5 minutes.
- ☐ Remove vanilla bean and lemon slice from sugar syrup with a slotted spoon, then reduce heat to moderate. Stir cornstarch mixture and whisk into syrup, then simmer, whisking constantly, until slightly thickened, about 2 minutes. Increase heat to high and add strawberries, then boil 1 minute.
- ☐ Transfer to a gratin or chafing dish.
- ☐ Heat kirsch in a small saucepan over moderate heat until warm.
- ☐ Remove from heat, then carefully ignite kirsch with a kitchen match and pour, still flaming, over warm berries. When flames die out, serve immediately, over ice cream.

Nutrition Facts



Properties

Glycemic Index:52.9, Glycemic Load:30.57, Inflammation Score:-6, Nutrition Score:11.806086991144%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 331.55kcal (16.58%), Fat: 7.95g (12.23%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 55.68g (18.56%), Net Carbohydrates: 51.75g (18.82%), Sugar: 47.3g (52.56%), Cholesterol: 29.04mg (9.68%), Sodium: 59.55mg (2.59%), Alcohol: 5.01g (100%), Alcohol %: 1.72% (100%), Protein: 3.47g (6.95%), Vitamin C: 101.34mg (122.84%), Manganese: 0.67mg (33.36%), Fiber: 3.93g (15.72%), Vitamin B2: 0.2mg (11.85%), Calcium: 115.1mg (11.51%), Potassium: 394.86mg (11.28%), Phosphorus: 111.26mg (11.13%), Folate: 44.32µg (11.08%), Magnesium: 32.44mg (8.11%), Vitamin B5: 0.6mg (5.99%), Vitamin A: 298.66IU (5.97%), Copper: 0.12mg (5.88%), Vitamin B6: 0.11mg (5.66%), Zinc: 0.71mg (4.75%), Vitamin E: 0.69mg (4.63%), Vitamin B1: 0.07mg (4.63%), Iron: 0.8mg (4.42%), Vitamin B12: 0.26µg (4.29%), Vitamin K: 3.94µg (3.75%), Vitamin B3: 0.74mg (3.68%), Selenium: 2.08µg (2.97%)