



Strawberries Romanoff

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup grand marnier orange-flavored (liqueur)
- ☐ 3 tablespoons powdered sugar
- ☐ 1.5 pounds strawberries sliced
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream chilled

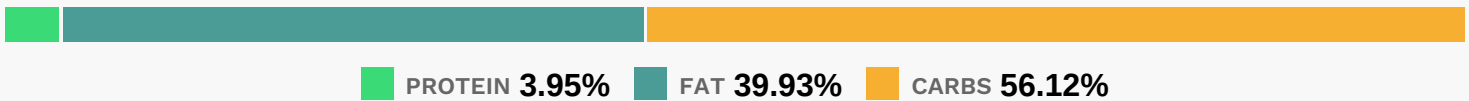
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a bowl. Cover and chill 3 1/2 hours.
- ☐ Place cream, 3 tablespoons sugar, and vanilla in a small bowl; beat with a mixer at high speed until stiff peaks form. Spoon over strawberry mixture.
- ☐ Garnish with mint, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:9.9369564678358%

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 Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 191.35kcal (9.57%), Fat: 7.71g (11.87%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 20.99g (7.63%), Sugar: 19.55g (21.72%), Cholesterol: 22.41mg (7.47%), Sodium: 8.38mg (0.36%), Alcohol: 3.92g (100%), Alcohol %: 2.36% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.72g (3.44%), Vitamin C: 100.14mg (121.38%), Manganese: 0.66mg (33%), Fiber: 3.4g (13.61%), Folate: 41.62µg (10.4%), Potassium: 284.01mg (8.11%), Vitamin A: 311.96IU (6.24%), Magnesium: 23.97mg (5.99%), Phosphorus: 53.23mg (5.32%), Vitamin B2: 0.08mg (4.58%), Copper: 0.09mg (4.52%), Vitamin E: 0.68mg (4.5%), Vitamin B6: 0.09mg (4.35%), Vitamin K: 4.38µg (4.17%), Iron: 0.73mg (4.06%), Calcium: 40.54mg (4.05%), Vitamin B3: 0.69mg (3.46%), Vitamin B1: 0.05mg

(3.03%), Vitamin B5: 0.26mg (2.63%), Vitamin D: 0.32µg (2.12%), Zinc: 0.29mg (1.94%), Selenium: 1.36µg (1.94%)