



Strawberries Romanoff



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons granulated sugar
- ☐ 3 tablespoons powdered sugar
- ☐ 3 cups strawberries fresh quartered
- ☐ 0.3 cup whipping cream
- ☐ 3 tablespoons cointreau orange-flavored

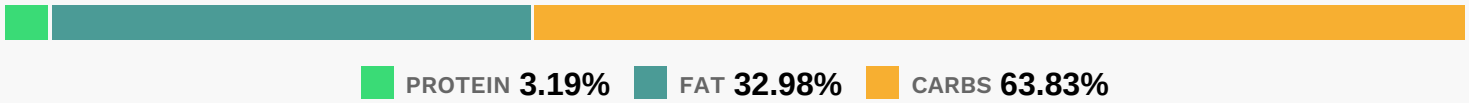
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine the strawberries, granulated sugar, and Cointreau in a small bowl; cover and refrigerate for 1/2 hour.
- ☐ Combine the whipping cream and powdered sugar in a small bowl, and beat with a mixer at high speed until stiff peaks form.
- ☐ Spoon 3/4 cup strawberry mixture into each of 4 dessert bowls. Top each serving with 1 tablespoon whipping cream mixture.

Nutrition Facts



Properties

Glycemic Index:38.15, Glycemic Load:9.18, Inflammation Score:-5, Nutrition Score:7.5560871427474%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 148.34kcal (7.42%), Fat: 5.74g (8.82%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 22.55g (8.2%), Sugar: 21.6g (24%), Cholesterol: 16.81mg (5.6%), Sodium: 5.31mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 69.49mg (84.23%), Manganese: 0.42mg (21.02%), Fiber: 2.43g (9.7%), Folate: 29.84µg (7.46%), Potassium: 199.74mg (5.71%), Vitamin A: 256.58IU (5.13%), Magnesium: 16.19mg (4.05%), Phosphorus: 36.1mg (3.61%), Vitamin B2: 0.06mg (3.47%), Calcium: 31.68mg (3.17%),

Vitamin E: 0.47mg (3.13%), Vitamin B6: 0.06mg (3.13%), Copper: 0.06mg (2.98%), Vitamin K: 2.85µg (2.72%), Iron: 0.48mg (2.65%), Vitamin B1: 0.04mg (2.57%), Vitamin B3: 0.46mg (2.29%), Vitamin B5: 0.2mg (2.01%), Vitamin D: 0.24µg (1.59%), Selenium: 1.02µg (1.46%), Zinc: 0.2mg (1.31%)