



Strawberries Romanoff for the '90s

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



686 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons grand marnier
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 10 ounce karo syrup frozen thawed
- ☐ 24 ounce strawberries hulled quartered
- ☐ 5 tablespoons sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 quart whipped cream softened
- ☐ 1 cup whipping cream chilled

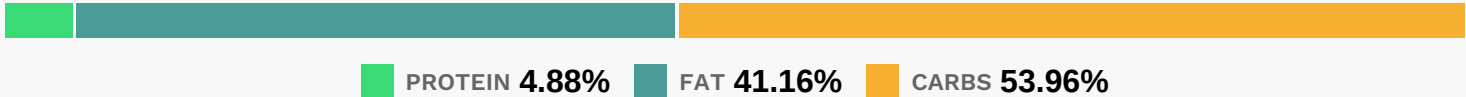
Equipment

☐ bowl

Directions

- ☐ Puree raspberries in syrup and 1 cup strawberries in processor. Strain into medium bowl, pressing on solids to extract as much juice as possible.
- ☐ Mix 3 tablespoons sugar, Grand Marnier, lemon juice and 1 teaspoon vanilla into syrup.
- ☐ Stir 1/2 cup syrup mixture into ice cream; freeze 1 hour to 4 hours.
- ☐ Mix remaining strawberries into remaining syrup; chill 1 hour to 4 hours.
- ☐ Let ice cream soften slightly before serving.
- ☐ Beat whipping cream, remaining 2 tablespoons sugar and 1/2 teaspoon vanilla in medium bowl until soft peaks form. Divide strawberry mixture among 6 glasses. Top each with scoop of ice cream.
- ☐ Garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:31.59, Inflammation Score:-8, Nutrition Score:14.773043487383%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg

Naringenin: 0.33mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 686.47kcal (34.32%), Fat: 32.07g (49.34%), Saturated Fat: 19.86g (124.12%), Carbohydrates: 94.61g (31.54%), Net Carbohydrates: 91.23g (33.17%), Sugar: 80.85g (89.83%), Cholesterol: 114.22mg (38.07%), Sodium: 172.39mg (7.5%), Alcohol: 2.29g (100%), Alcohol %: 0.77% (100%), Protein: 8.55g (17.1%), Vitamin C: 68.83mg (83.43%), Vitamin B2: 0.48mg (28.36%), Calcium: 278.15mg (27.81%), Vitamin A: 1260.88IU (25.22%), Manganese: 0.46mg (22.75%), Phosphorus: 216.54mg (21.65%), Potassium: 531.56mg (15.19%), Fiber: 3.38g (13.52%), Vitamin B5: 1.16mg (11.63%), Vitamin B12: 0.68µg (11.31%), Magnesium: 40.1mg (10.02%), Folate: 37.19µg (9.3%), Zinc: 1.35mg (8.99%), Vitamin E: 1.17mg (7.8%), Vitamin B6: 0.14mg (7.21%), Vitamin B1: 0.1mg (6.72%), Selenium: 4.57µg (6.53%), Vitamin D: 0.95µg (6.33%), Copper: 0.1mg (4.99%), Vitamin K: 4.24µg (4.04%), Iron: 0.66mg (3.66%), Vitamin B3: 0.66mg (3.32%)