



Strawberries with Brown Sugar-and-Sour Cream Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar dark
- ☐ 0.3 cup maple syrup
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 1 sprig garnishes: strawberries fresh sliced
- ☐ 6 servings strawberries fresh whole

Equipment

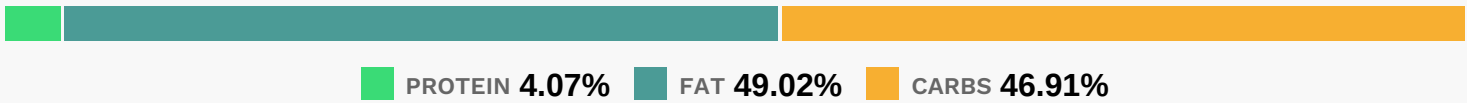
- ☐ bowl

☐ whisk

Directions

- ☐ Thicken sour cream.
- ☐ Discard liquid in bowl, and whisk together thickened sour cream, maple syrup, and dark brown sugar until blended.
- ☐ Garnish, if desired.
- ☐ Serve with strawberries.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:7.68, Inflammation Score:-6, Nutrition Score:12.508695706077%

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: 35.83mg, Pelargonidin: 35.83mg, Pelargonidin: 35.83mg 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: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg 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 Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg 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: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 266.92kcal (13.35%), Fat: 15.1g (23.23%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 29.63g (10.77%), Sugar: 26.17g (29.07%), Cholesterol: 44.6mg (14.87%), Sodium: 28.17mg (1.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 85.45mg (103.58%), Manganese: 0.98mg (49%), Vitamin B2: 0.39mg (22.7%), Calcium: 123.9mg (12.39%), Fiber: 2.88g (11.53%), Potassium: 363.3mg (10.38%), Folate: 39.2µg (9.8%), Vitamin A: 488.28IU (9.77%), Phosphorus: 92.29mg (9.23%), Magnesium: 30.6mg (7.65%), Vitamin B6: 0.1mg (5.06%), Selenium: 3.45µg (4.92%), Vitamin E: 0.71mg (4.7%),

Vitamin B5: 0.44mg (4.42%), Copper: 0.09mg (4.28%), Vitamin B1: 0.06mg (4.1%), Vitamin K: 4.31µg (4.1%), Iron: 0.71mg (3.92%), Zinc: 0.58mg (3.86%), Vitamin B3: 0.65mg (3.24%), Vitamin B12: 0.16µg (2.65%)