



Strawberries with Buttermilk Ice and Balsamic Vinegar

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- 1 teaspoon aged balsamic vinegar
- 1.5 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest finely grated
- 1 cup buttermilk low-fat
- 1 strawberries quartered
- 3.5 tablespoons sugar
- 4 tarragon

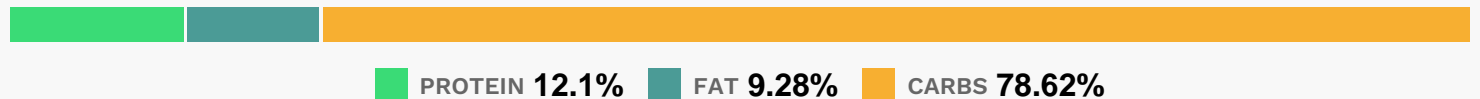
Equipment

- bowl
- whisk
- baking pan

Directions

- In a bowl, whisk 1 1/2 tablespoons of the sugar with 1/2 tablespoon of the lemon juice until the sugar is dissolved.
- Whisk in the buttermilk and pour into a shallow baking dish; freeze until firm, whisking the mixture every 30 minutes, about 3 hours.
- In a bowl, toss the strawberries with the remaining 2 tablespoons of sugar and 1 tablespoon of lemon juice.
- Add the lemon zest and vinegar; let stand for 30 minutes. Spoon the berries and any juices into glasses. Using a fork, scrape the buttermilk ice into fluffy crystals and spoon over the strawberries.
- Garnish with the tarragon and serve.

Nutrition Facts



Properties

Glycemic Index:57.52, Glycemic Load:7.8, Inflammation Score:-1, Nutrition Score:2.5426087246641%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 70.79kcal (3.54%), Fat: 0.77g (1.19%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 14.53g (5.28%), Sugar: 13.84g (15.38%), Cholesterol: 2.4mg (0.8%), Sodium: 89.91mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Calcium: 82.58mg (8.26%), Vitamin C: 5.36mg (6.5%), Vitamin B2: 0.11mg (6.44%), Phosphorus: 57.97mg (5.8%), Manganese: 0.1mg (4.76%), Potassium: 133.19mg (3.81%), Magnesium: 10.98mg (2.75%), Vitamin B6: 0.05mg (2.45%), Vitamin B12: 0.13µg (2.2%), Iron: 0.39mg (2.14%), Zinc: 0.3mg (2%), Folate: 7.62µg (1.9%), Selenium: 1.33µg (1.89%), Vitamin B5: 0.18mg (1.77%), Vitamin B1: 0.03mg (1.68%), Vitamin A: 71.02IU (1.42%)