



Strawberries with Chamomile Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 2 the petals from dandelion flowers dried
- ☐ 1 cup cup heavy whipping cream chilled divided
- ☐ 2 pints strawberries fresh hulled quartered
- ☐ 3 tablespoons sugar divided

Equipment

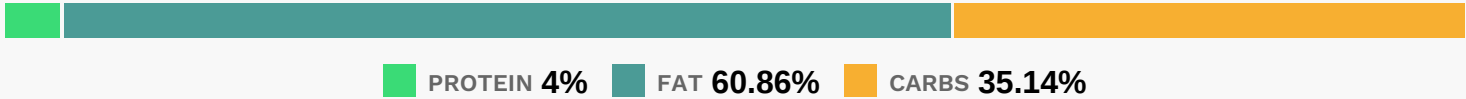
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Heat 1/2 cup cream in a small saucepan overmedium heat until bubbles form aroundedges of pan.
- ☐ Remove pan from heat; addchamomile.
- ☐ Let steep 20 minutes.
- ☐ Transferto a medium bowl. Cover; chill until cold,about 2 hours.
- ☐ Meanwhile, toss strawberries with 2 tablespoonssugar in a medium bowl to coat. Set aside toallow juices to form.
- ☐ Strain chamomile cream through a fine-mesh sieve into a medium bowl.
- ☐ Addremaining 1/2 cup cream and remaining1 tablespoon sugar. Using an electric mixer, beatchamomile cream until soft peaks form.
- ☐ Divide berries among bowls. Spoonchamomile whipped cream over berries.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:7.77, Inflammation Score:-7, Nutrition Score:10.401304286459%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg
Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 208.61kcal (10.43%), Fat: 14.81g (22.79%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 19.25g (6.42%),
Net Carbohydrates: 16.08g (5.85%), Sugar: 14.86g (16.51%), Cholesterol: 44.82mg (14.94%), Sodium: 12.35mg
(0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 92.98mg (112.7%),
Manganese: 0.61mg (30.47%), Fiber: 3.17g (12.69%), Vitamin A: 602.03IU (12.04%), Folate: 39.44µg (9.86%),
Potassium: 280.97mg (8.03%), Vitamin B2: 0.11mg (6.49%), Phosphorus: 61.11mg (6.11%), Magnesium: 23.44mg
(5.86%), Vitamin E: 0.82mg (5.48%), Calcium: 51.48mg (5.15%), Iron: 0.88mg (4.87%), Vitamin K: 4.74µg (4.51%),
Vitamin B6: 0.09mg (4.4%), Vitamin D: 0.63µg (4.23%), Copper: 0.08mg (4.02%), Vitamin B3: 0.63mg (3.17%),
Vitamin B1: 0.05mg (3.05%), Vitamin B5: 0.3mg (2.98%), Selenium: 1.86µg (2.65%), Zinc: 0.32mg (2.11%), Vitamin
B12: 0.06µg (1.06%)