



Strawberries with Crunchy Almond Topping

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 amaretti cookies crushed
- ☐ 2 tablespoons amaretto (almond-flavored liqueur)
- ☐ 6 tablespoons cream sour reduced-fat
- ☐ 6 cups strawberries sliced
- ☐ 0.5 cup sugar

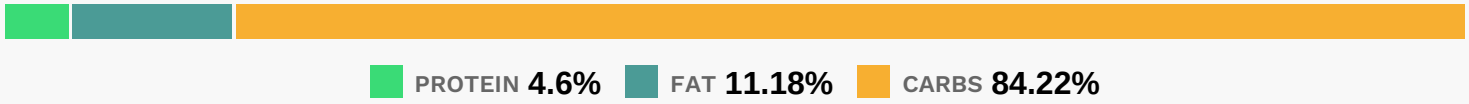
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a bowl. Cover and chill 4 to 8 hours. Spoon into individual dessert dishes.
- ☐ Sprinkle with crushed cookies; top with sour cream.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:14.91, Inflammation Score:-5, Nutrition Score:8.78652178075%

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: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg 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: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg 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: 160.87kcal (8.04%), Fat: 2.01g (3.09%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 31.02g (11.28%), Sugar: 28.62g (31.8%), Cholesterol: 4.2mg (1.4%), Sodium: 24.57mg (1.07%), Alcohol: 1.3g (100%), Alcohol %: 0.9% (100%), Protein: 1.86g (3.72%), Vitamin C: 84.78mg (102.76%), Manganese: 0.56mg (27.87%), Fiber: 3.04g (12.15%), Folate: 35.88µg (8.97%), Potassium: 247.59mg (7.07%), Magnesium: 20.07mg (5.02%), Phosphorus: 43.38mg (4.34%), Calcium: 40.18mg (4.02%), Copper: 0.07mg (3.71%), Iron: 0.67mg (3.7%), Vitamin B6: 0.07mg (3.5%), Vitamin K: 3.23µg (3.07%), Vitamin E: 0.45mg (3.02%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.57mg (2.86%), Vitamin B1: 0.04mg (2.64%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.26mg (1.77%), Selenium: 1.06µg (1.52%), Vitamin A: 56.64IU (1.13%)