



Strawberries with Fromage Blanc and Lemon Honey



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 cup honey
- ☐ 1 lemon zest shredded finely
- ☐ 9 oz lillet blanc
- ☐ 2 pts strawberries

Equipment

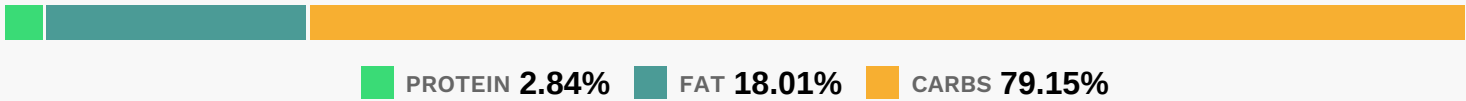
- ☐ bowl

- ☐ whisk
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Whisk together fromage blanc and cream in a small bowl until very smooth. Divide among 6 shallow bowls.
- ☐ Set aside 6 to 12 small, perfect berries. Hull remaining berries and halve or quarter lengthwise if large. Scatter over fromage blanc.
- ☐ Combine honey and lemon zest in a glass measuring cup and microwave until beginning to bubble, about 30 seconds.
- ☐ Let cool 5 minutes.
- ☐ Drizzle warm honey over berries and fromage blanc. Top each bowl with 1 or 2 reserved berries.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:15.72, Inflammation Score:-6, Nutrition Score:9.4165217202643%

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 Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 238.2kcal (11.91%), Fat: 4.06g (6.24%), Saturated Fat: 2.3g (14.41%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 36.78g (13.37%), Sugar: 34.89g (38.77%), Cholesterol: 11.21mg (3.74%), Sodium: 5.44mg (0.24%), Alcohol: 7.23g (100%), Alcohol %: 3.83% (100%), Protein: 1.44g (2.88%), Vitamin C: 94.23mg (114.22%), Manganese: 0.63mg (31.58%), Fiber: 3.32g (13.27%), Folate: 38.95µg (9.74%), Potassium: 267.03mg (7.63%), Magnesium: 21.91mg (5.48%), Phosphorus: 44.86mg (4.49%), Copper: 0.09mg (4.39%), Iron: 0.78mg (4.35%), Vitamin B6: 0.09mg (4.31%), Vitamin B2: 0.06mg (3.82%), Vitamin E: 0.55mg (3.67%), Vitamin K: 3.79µg (3.61%), Calcium: 34.82mg (3.48%), Vitamin A: 165.2IU (3.3%), Vitamin B3: 0.65mg (3.27%), Vitamin B1: 0.04mg (2.7%), Vitamin B5: 0.24mg (2.45%), Zinc: 0.31mg (2.06%), Selenium: 1.16µg (1.66%), Vitamin D: 0.16µg (1.06%)