



Strawberries with Lemon Sugar and Lavender Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 8 servings crème fraîche sour
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons culinary lavender buds dried
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 pound strawberries hulled sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

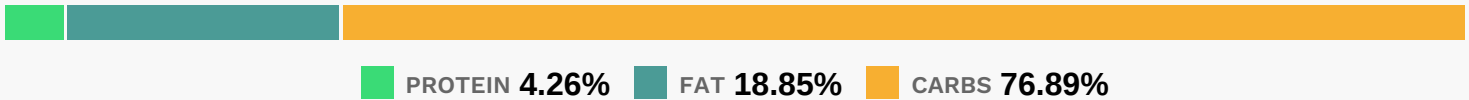
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Mash 1/3 cup sugar and lemon peel in small bowl to blend well. (Lemon sugar can be made 3 days ahead. Cover and store at room temperature.)
- ☐ Bring 1/2 cup sugar, 1/2 cup water, honey, and lavender to boil in heavy small saucepan over medium-high heat, stirring until sugar dissolves. Reduce heat to medium and simmer until lavender flavor is pronounced, about 3 minutes. Strain syrup into small bowl. (Can be made 1 day ahead. Cover and let stand at room temperature. Rewarm syrup before continuing.)
- ☐ Place berries in large bowl.
- ☐ Pour warm syrup over berries; stir to coat. Divide berries and syrup among 8 bowls. Spoon crème fraîche over berries, sprinkle with lemon sugar, and serve immediately.
- ☐ *Available at natural foods stores and some farmers' markets.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:11.94, Inflammation Score:-6, Nutrition Score:9.5382608291896%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.85mg,

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 126.96kcal (6.35%), Fat: 2.88g (4.43%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 22.98g (8.36%), Sugar: 21.36g (23.74%), Cholesterol: 7.08mg (2.36%), Sodium: 6.47mg (0.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin C: 100.62mg (121.97%), Manganese: 0.66mg (33.12%), Fiber: 3.44g (13.76%), Folate: 41.68µg (10.42%), Potassium: 278.55mg (7.96%), Magnesium: 23.6mg (5.9%), Phosphorus: 50.18mg (5.02%), Copper: 0.09mg (4.44%), Vitamin B6: 0.09mg (4.33%), Calcium: 43.26mg (4.33%), Iron: 0.76mg (4.22%), Vitamin K: 3.92µg (3.74%), Vitamin B2: 0.06mg (3.61%), Vitamin E: 0.54mg (3.6%), Vitamin B3: 0.68mg (3.38%), Vitamin B1: 0.04mg (2.89%), Vitamin B5: 0.26mg (2.57%), Vitamin A: 99.05IU (1.98%), Zinc: 0.29mg (1.95%), Selenium: 1.22µg (1.74%)