



Strawberries with Marsala



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



89 kcal

SIDE DISH

Ingredients



0.3 cup plum brandy sweet



2 qt strawberries trimmed halved



0.3 cup sugar

Equipment

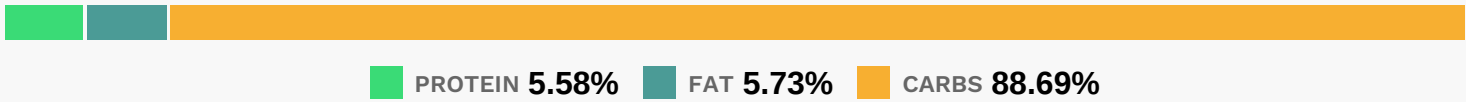
Directions



Toss together strawberries, sugar, and Marsala until sugar is dissolved.

Let macerate at room temperature, tossing occasionally, 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:7.79, Inflammation Score:-6, Nutrition Score:9.6600000573241%

Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Petunidin: 0.61mg, Petunidin: 0.61mg, Petunidin: 0.61mg, Petunidin: 0.61mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 5.71mg, Malvidin: 5.71mg, Malvidin: 5.71mg, Malvidin: 5.71mg Pelargonidin: 47.03mg, Pelargonidin: 47.03mg, Pelargonidin: 47.03mg, Pelargonidin: 47.03mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epigallocatechin: 1.48mg, Epigallocatechin: 1.48mg, Epigallocatechin: 1.48mg, Epigallocatechin: 1.48mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 89.42kcal (4.47%), Fat: 0.58g (0.9%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 16.55g (6.02%), Sugar: 14.71g (16.35%), Cholesterol: 0mg (0%), Sodium: 2.48mg (0.11%), Alcohol: 0.92g (100%), Alcohol %: 0.58% (100%), Protein: 1.28g (2.56%), Vitamin C: 111.29mg (134.9%), Manganese: 0.74mg (36.9%), Fiber: 3.79g (15.14%), Folate: 45.42µg (11.36%), Potassium: 295.2mg (8.43%), Magnesium: 25.15mg (6.29%), Copper: 0.09mg (4.69%), Phosphorus: 45.96mg (4.6%), Vitamin B6: 0.09mg (4.45%), Iron: 0.79mg (4.41%), Vitamin K: 4.16µg (3.97%), Vitamin B3: 0.74mg (3.72%), Vitamin E: 0.55mg (3.66%), Vitamin B1: 0.05mg (3.1%), Calcium: 30.81mg (3.08%), Vitamin B2: 0.04mg (2.57%), Vitamin B5: 0.24mg (2.39%), Zinc: 0.27mg (1.8%), Selenium: 0.82µg (1.17%)