



Strawberry Blossoms



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 12 large strawberries fresh rinsed
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons powdered sugar
- ☐ 1 tablespoon cream sour

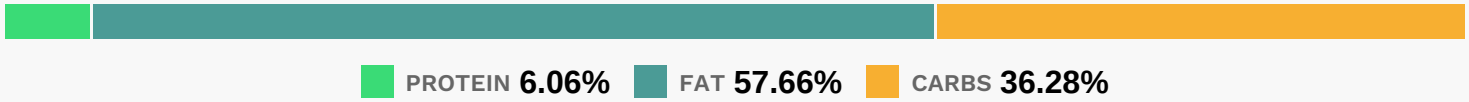
Equipment

- ☐ bowl
- ☐ knife
- ☐ pastry bag

Directions

- ☐ Remove stems from strawberries to form a flat base.
- ☐ Place strawberries on cutting surface, pointed end up. With sharp knife, carefully slice each strawberry in half vertically to within 1/4 inch of base.
- ☐ Cut each half into 3 wedges to form 6 petals. (Do not slice through base). Pull petals apart slightly.
- ☐ In small bowl, beat cream cheese, powdered sugar and sour cream until light and fluffy. With pastry bag and star tip or small spoon, fill strawberries with cream cheese mixture.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:1.9526087058627%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 40.61kcal (2.03%), Fat: 2.71g (4.17%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.92g (3.25%), Cholesterol: 7.75mg (2.58%), Sodium: 22.86mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 15.89mg (19.25%), Manganese: 0.11mg (5.26%), Fiber: 0.54g (2.16%), Vitamin A: 104.65IU (2.09%), Folate: 7.18µg (1.79%), Phosphorus: 14.82mg (1.48%), Potassium: 51.94mg (1.48%), Vitamin B2: 0.02mg (1.42%), Calcium: 12.22mg (1.22%), Selenium: 0.76µg (1.09%), Magnesium: 4.25mg (1.06%)