



Strawberry Chantilly

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup butter
- 2 egg whites
- 1 cup flour all-purpose
- 1 cup heavy cream
- 1 teaspoon juice of lemon
- 2 cups strawberries fresh
- 0.5 cup walnuts chopped

1 cup sugar white

Equipment

bowl

oven

mixing bowl

baking pan

hand mixer

Directions

Mix flour, sugar and butter until crumbly.

Add walnuts. NOTE: If you use frozen strawberries, use 2/3 cup sugar and 10 ounces frozen strawberries.

Place 2/3 of the mixture in 9 x 13 inch baking dish and bake at 300 degrees F (150 degrees C) for 20 minutes.

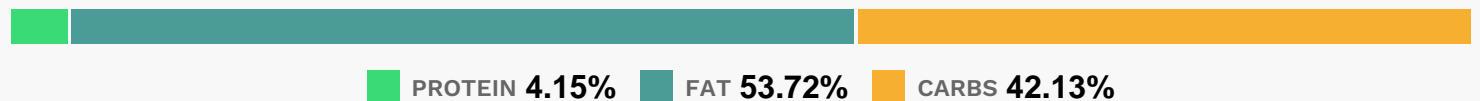
In large deep bowl, stir together egg whites, sugar, strawberries and lemon juice. Whip with electric mixer at high speed for 10 minutes.

In another mixing bowl, whip whipping cream until stiff and fold into strawberry mixture.

Spread over crumb mixture in baking dish.

Sprinkle with remaining crumb mixture. Freeze for 6 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:14.4, Inflammation Score:-4, Nutrition Score:4.2960870136385%

Flavonoids

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Nutrients (% of daily need)

Calories: 237.6kcal (11.88%), Fat: 14.6g (22.46%), Saturated Fat: 7.79g (48.71%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 24.88g (9.05%), Sugar: 18.43g (20.48%), Cholesterol: 34.2mg (11.4%), Sodium: 61.18mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin C: 11.56mg (14.02%), Manganese: 0.27mg (13.38%), Vitamin A: 425.43IU (8.51%), Selenium: 4.57µg (6.53%), Folate: 24.81µg (6.2%), Vitamin B2: 0.1mg (6.11%), Vitamin B1: 0.09mg (5.81%), Copper: 0.09mg (4.43%), Phosphorus: 38.89mg (3.89%), Iron: 0.63mg (3.51%), Fiber: 0.87g (3.49%), Vitamin B3: 0.63mg (3.16%), Magnesium: 12.54mg (3.14%), Vitamin E: 0.41mg (2.73%), Potassium: 84.39mg (2.41%), Calcium: 23.91mg (2.39%), Vitamin B6: 0.04mg (2.06%), Zinc: 0.25mg (1.7%), Vitamin D: 0.25µg (1.69%), Vitamin K: 1.59µg (1.51%), Vitamin B5: 0.14mg (1.44%)