



Strawberry Filled Cannoli

 Gluten Free

READY IN



72 min.

SERVINGS



2

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 6 to 8 blackberries
- ☐ 1 bottle chocolate syrup
- ☐ 1 cup milk
- ☐ 2 servings powdered sugar for garnish
- ☐ 2 pre-made
- ☐ 6 strawberries hulled cleaned
- ☐ 1 package strawberry mousse

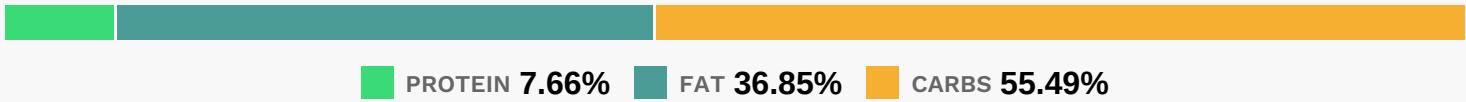
Equipment

☐ blender

Directions

- ☐ In a mixer, whip the mousse and milk on high speed until the mouse is thickened. Finely chop 4 of the strawberries, and add them to the mousse. Blend for 1 more minute and refrigerate for a least an hour.
- ☐ Spoon mousse mixture into a piping bag. Pipe the cannoli shells full of the mousse. Make a design on the serving plate with the chocolate syrup. Slice the remaining strawberries, and place around the plate with the blackberries.
- ☐ Place the cannolis in the middle of the plate.
- ☐ Garnish with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:92.8, Glycemic Load:13.65, Inflammation Score:-7, Nutrition Score:16.936521675276%

Flavonoids

Cyanidin: 9.6mg, Cyanidin: 9.6mg, Cyanidin: 9.6mg, Cyanidin: 9.6mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 53.33mg, Pelargonidin: 53.33mg, Pelargonidin: 53.33mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg, Catechin: 8.89mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 318.89kcal (15.94%), Fat: 14.16g (21.78%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 47.97g (15.99%), Net Carbohydrates: 41.81g (15.2%), Sugar: 39.14g (43.49%), Cholesterol: 14.64mg (4.88%), Sodium: 53.56mg

(2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.51mg (6.17%), Protein: 6.62g (13.25%), Vitamin C: 127.39mg (154.41%), Manganese: 1.01mg (50.61%), Fiber: 6.16g (24.64%), Phosphorus: 217.82mg (21.78%), Calcium: 192.99mg (19.3%), Magnesium: 75.69mg (18.92%), Potassium: 603.39mg (17.24%), Vitamin B2: 0.29mg (16.83%), Copper: 0.28mg (13.9%), Folate: 53.83µg (13.46%), Vitamin B12: 0.66µg (10.98%), Iron: 1.7mg (9.47%), Vitamin B6: 0.19mg (9.46%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.13mg (8.44%), Zinc: 1.26mg (8.38%), Vitamin K: 8.04µg (7.66%), Vitamin B5: 0.76mg (7.6%), Vitamin B3: 1.18mg (5.92%), Selenium: 4.04µg (5.77%), Vitamin E: 0.83mg (5.51%), Vitamin A: 236.22IU (4.72%)