



Strawberry Fool

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- 3 tablespoons granulated sugar
- 0.3 cup brown sugar light packed
- 3 cups strawberries sliced
- 16 ounce cartons vanilla yogurt low-fat

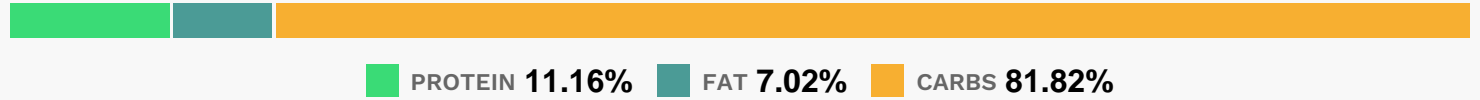
Equipment

- bowl
- whisk

Directions

- Combine strawberries and granulated sugar in a large bowl. Cover and chill 2 hours.
- Combine brown sugar and yogurt in a large bowl, stirring well with a whisk. Cover and chill 2 hours.
- Gently fold the strawberry mixture into the yogurt mixture until swirled.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:11.03217393419%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 217.85kcal (10.89%), Fat: 1.77g (2.72%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 44.24g (16.09%), Sugar: 43.25g (48.06%), Cholesterol: 5.67mg (1.89%), Sodium: 79.86mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin C: 64.41mg (78.07%), Calcium: 222.69mg (22.27%), Manganese: 0.43mg (21.53%), Phosphorus: 179.56mg (17.96%), Vitamin B2: 0.25mg (14.91%), Potassium: 432.05mg (12.34%), Vitamin B12: 0.6µg (10.02%), Folate: 38.53µg (9.63%), Selenium: 6.21µg (8.87%), Fiber: 2.16g (8.64%), Magnesium: 33.42mg (8.36%), Vitamin B5: 0.78mg (7.79%), Zinc: 1.1mg (7.32%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.07mg (4.9%), Copper: 0.07mg (3.68%), Iron: 0.62mg (3.47%), Vitamin B3: 0.55mg (2.77%), Vitamin K: 2.49µg (2.37%), Vitamin E: 0.34mg (2.24%), Vitamin A: 61.72IU (1.23%)