



Strawberry-Fruit Toss With Cornmeal Shortcakes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 kiwifruit peeled chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest
- ☐ 1 cup pineapple fresh chopped
- ☐ 16 oz strawberries fresh sliced
- ☐ 0.3 cup sugar

- ☐ 1 teaspoon sugar
- ☐ 0.5 cup whipping cream

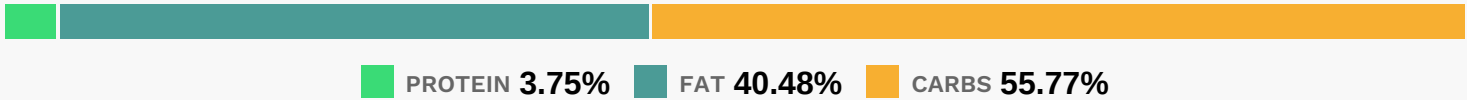
Equipment

- ☐ hand mixer

Directions

- ☐ Combine first 7 ingredients; let mixture stand 15 minutes, gently stirring after 7 minutes.
- ☐ Beat whipping cream and 1 tsp. sugar at medium speed with an electric mixer until soft peaks form. Use immediately, or cover and chill up to 2 hours.
- ☐ Place warm Cornmeal Shortcakes on dessert plates, and spoon strawberry mixture over shortcakes.
- ☐ Serve immediately with whipped cream. Or, if desired, split shortcakes, and place one half on each dessert plate. Spoon strawberry mixture over shortcake halves; top with whipped cream and remaining shortcake halves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:11.65, Inflammation Score:-6, Nutrition Score:9.8960869260456%

Flavonoids

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Nutrients (% of daily need)

Calories: 158.88kcal (7.94%), Fat: 7.59g (11.68%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 20.65g (7.51%), Sugar: 18.74g (20.82%), Cholesterol: 22.41mg (7.47%), Sodium: 8.3mg (0.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin C: 81.44mg (98.71%), Manganese: 0.59mg (29.36%), Vitamin K: 14.73µg (14.03%), Fiber: 2.89g (11.55%), Folate: 32.99µg (8.25%), Vitamin A: 379.7IU (7.59%), Potassium: 232.56mg (6.64%), Copper: 0.11mg (5.68%), Vitamin E: 0.81mg (5.38%), Magnesium: 20.25mg (5.06%), Vitamin B6: 0.09mg (4.69%), Vitamin B2: 0.07mg (4.39%), Phosphorus: 43.15mg (4.31%), Calcium: 41.9mg (4.19%), Vitamin B1: 0.05mg (3.56%), Iron: 0.53mg (2.96%), Vitamin B3: 0.57mg (2.86%), Vitamin B5: 0.27mg (2.65%), Vitamin D: 0.32µg (2.12%), Zinc: 0.24mg (1.61%), Selenium: 1.04µg (1.49%)