



Strawberry Gelato



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon egg whites lightly beaten
- ☐ 1 cup caster sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound strawberries (1 pint)
- ☐ 1 cup water filtered (not distilled)

Equipment

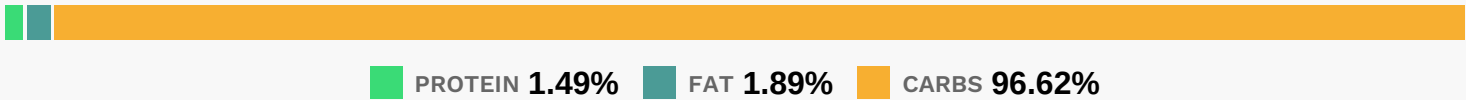
- ☐ food processor
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a small heavy saucepan heat sugar and water over high heat, stirring until sugar is dissolved. Cool syrup.
- ☐ Trim strawberries and in a food processor purée until smooth.
- ☐ Transfer 2 cups purée to a bowl, reserving remainder for another use, and stir in syrup and lemon juice. Chill strawberry mixture until cold and up to 1 day.
- ☐ Stir in egg white and freeze in an ice-cream maker.
- ☐ Serve gelato immediately or transfer to an airtight container and put in freezer to harden no more than 3 hours.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:74.96, Inflammation Score:-6, Nutrition Score:10.992608655082%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 460.51kcal (23.03%), Fat: 1.02g (1.57%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 117.55g (39.18%), Net Carbohydrates: 113g (41.09%), Sugar: 111.1g (123.44%), Cholesterol: 0mg (0%), Sodium: 13.35mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin C: 136.26mg (165.16%), Manganese: 0.88mg (44.03%), Fiber: 4.56g (18.23%), Folate: 56.03µg (14.01%), Potassium: 360.74mg (10.31%), Magnesium: 31.39mg (7.85%), Copper: 0.14mg (6.83%), Phosphorus: 55.4mg (5.54%), Vitamin B6: 0.11mg (5.51%), Iron: 0.99mg (5.49%), Vitamin B2: 0.08mg (4.76%), Vitamin K: 4.99µg (4.75%), Vitamin E: 0.67mg (4.46%), Vitamin B3: 0.88mg (4.42%), Calcium: 41.46mg (4.15%), Vitamin B1: 0.06mg (3.76%), Vitamin B5: 0.3mg (2.98%), Selenium: 2.01µg (2.87%), Zinc: 0.34mg (2.29%)