



Strawberry Mallow Dessert

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



127 kcal

DESSERT

Ingredients

- 0.5 cup marshmallows miniature
- 0.3 cup cream sour
- 1 cup strawberries fresh sliced
- 1 teaspoon sugar

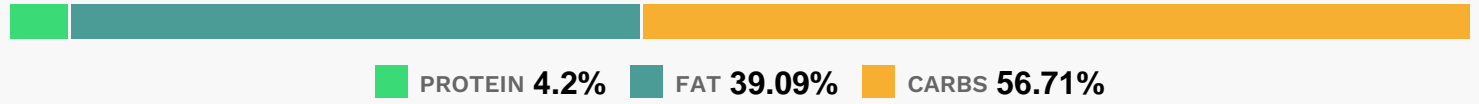
Equipment

- bowl

Directions

- Place strawberries in a bowl and sprinkle with sugar; stir.
- Let stand for 5 minutes.
- Add marshmallows and sour cream; stir to coat. Spoon into dessert dishes.

Nutrition Facts



Properties

Glycemic Index:85.3, Glycemic Load:9.17, Inflammation Score:-4, Nutrition Score:5.2065217650455%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 127.42kcal (6.37%), Fat: 5.82g (8.96%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 17.56g (6.39%), Sugar: 13.7g (15.22%), Cholesterol: 16.96mg (5.65%), Sodium: 19.65mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin C: 42.59mg (51.63%), Manganese: 0.28mg (14.11%), Fiber: 1.45g (5.81%), Folate: 19.13µg (4.78%), Potassium: 146.76mg (4.19%), Calcium: 40.95mg (4.1%), Phosphorus: 40.13mg (4.01%), Vitamin B2: 0.06mg (3.8%), Vitamin A: 187.75IU (3.76%), Magnesium: 12.48mg (3.12%), Copper: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.3%), Selenium: 1.58µg (2.25%), Vitamin E: 0.32mg (2.12%), Iron: 0.35mg (1.92%), Vitamin K: 2.02µg (1.92%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.31mg (1.57%), Vitamin B1: 0.02mg (1.54%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.06µg (1.01%)