



Strawberry-Orange Fool

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cream sour
- 1 tablespoon powdered sugar
- 1 teaspoon orange zest grated
- 1 tablespoon pear liqueur orange-flavored
- 1.5 cups cool whip fat-free frozen thawed
- 3 cups strawberries sliced

Equipment

- bowl

Directions

- In medium bowl, combine sour cream, powdered sugar, orange peel and liqueur; blend well. Fold in whipped topping.
- For each serving, use 1/3 cup orange cream and 3/4 cup strawberries. In each dessert dish, layer 2 tablespoons cream, half of berries, 2 tablespoons cream, remaining half of berries and remaining cream. Refrigerate until serving time. If desired, serve garnished with additional sliced berries. Store in refrigerator.

Nutrition Facts

PROTEIN 8.29% **FAT 13.1%** **CARBS 78.61%**

Properties

Glycemic Index:10, Glycemic Load:2.45, Inflammation Score:-5, Nutrition Score:8.6886957883835%

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 Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 119.6kcal (5.98%), Fat: 1.73g (2.66%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 21.06g (7.66%), Sugar: 13.29g (14.76%), Cholesterol: 7.09mg (2.36%), Sodium: 61.92mg (2.69%), Alcohol: 1.49g (100%), Alcohol %: 1.11% (100%), Protein: 2.47g (4.93%), Vitamin C: 64.18mg (77.8%), Manganese: 0.42mg (20.85%), Vitamin B2: 0.24mg (14.22%), Fiber: 2.33g (9.3%), Folate: 34.01µg (8.5%), Calcium: 84.42mg (8.44%), Vitamin B12: 0.5µg (8.38%), Phosphorus: 72.46mg (7.25%), Potassium: 233.8mg (6.68%), Vitamin B1: 0.08mg (5.31%), Magnesium: 19.27mg (4.82%), Vitamin B6: 0.09mg (4.6%), Selenium: 2.82µg (4.02%), Copper: 0.06mg (3.12%), Vitamin A: 137.59IU (2.75%), Vitamin B3: 0.54mg (2.72%), Zinc: 0.38mg (2.56%), Iron: 0.46mg

(2.54%), Vitamin K: 2.46µg (2.34%), Vitamin E: 0.34mg (2.27%), Vitamin B5: 0.14mg (1.37%)