



Strawberry Shortcake Martinis

READY IN



90 min.

SERVINGS



12

CALORIES



279 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup club soda
- 3 eggs
- 0.8 cup heavy cream
- 1 cup heavy cream
- 3 sprigs mint leaves fresh
- 1.5 cups soy flour plus 2 tablespoons
- 1 pint strawberries whole
- 2 pints strawberries cleaned sliced

- 0.3 cup sugar substitute (recommended: Splenda)
- 0.3 cup sugar substitute (recommended: Splenda)
- 1 teaspoon no sugar added vanilla extract
- 4 tablespoons wheat bran
- 0.5 cup zucchini diced with skin on

Equipment

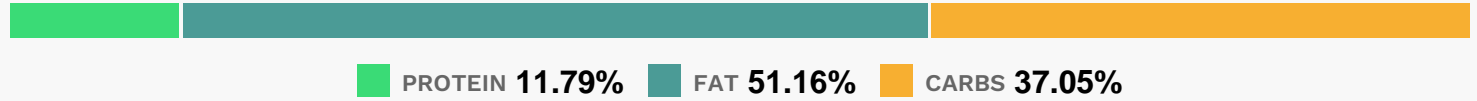
- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks
- muffin tray
- pastry bag

Directions

- Combine sliced strawberries and sugar substitute and refrigerate for at least 30 minutes. Slice muffins in half horizontally when cooled.
- Place each muffin bottom in a martini glass. Top with strawberry mixture.
- Place muffin tops on top of strawberry filling.
- Garnish with low carb whipped cream, whole berries, and fresh mint.
- Preheat oven to 375 degrees F.
- Grease a 12-cup muffin tin with nonstick cooking spray or butter. In a small bowl, mix together 4 tablespoons wheat bran and 2 tablespoons soy flour and sprinkle it evenly over each of the 12 cups of the muffin pan.
- In a larger bowl, whisk together the remaining ingredients until completely blended. Fill each muffin cup only 2/3 of the way with the mix, leaving room for them to rise, and bake for about 20 to 25 minutes, or until tops start to brown. The muffins are done when lightly browned and a wooden toothpick inserted in the center of a muffin comes out clean.

- Remove and let cool before taking out of the pan.
- With an electric mixer on high, whip the heavy cream just until frothy. Then add in the sugar substitute and vanilla extract and continue to whip on high until peaks form. Be careful not to over- whip, or cream will break. Store in a pastry bag or glass dish with a lid and refrigerate.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:7.95, Inflammation Score:-8, Nutrition Score:19.008260623268%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 278.55kcal (13.93%), Fat: 17.05g (26.23%), Saturated Fat: 8.8g (54.99%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 21.9g (7.96%), Sugar: 16.18g (17.98%), Cholesterol: 80.14mg (26.71%), Sodium: 83.66mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin C: 70.77mg (85.78%), Manganese: 1.36mg (67.88%), Magnesium: 110.67mg (27.67%), Copper: 0.53mg (26.54%), Fiber: 5.89g (23.57%), Folate: 88.67µg (22.17%), Phosphorus: 202.34mg (20.23%), Vitamin B2: 0.34mg (19.88%), Potassium: 655mg (18.71%), Selenium: 9.78µg (13.97%), Vitamin K: 13.86µg (13.2%), Vitamin A: 622IU (12.44%), Iron: 2.21mg (12.3%), Vitamin B6: 0.22mg (11.19%), Calcium: 111.74mg (11.17%), Vitamin B1: 0.15mg (9.96%), Vitamin B3: 1.79mg (8.95%), Zinc: 1.33mg (8.85%), Vitamin E: 1.13mg (7.54%), Vitamin B5: 0.75mg (7.46%), Vitamin D: 0.78µg (5.17%), Vitamin B12: 0.15µg (2.56%)