



WHATSheATE

Strawberry Shortcake with Balsamic



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 4 slices angel food cake
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 pinch ground pepper black
- ☐ 2 cups strawberries sliced
- ☐ 0.5 cup whipped cream
- ☐ 1 tablespoon sugar white

Equipment

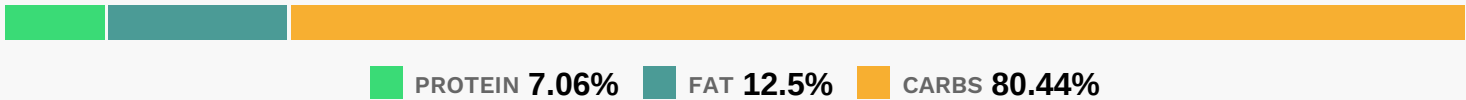
- ☐ bowl

☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat and lightly oil the grate.
- ☐ Combine strawberries, balsamic vinegar, sugar, and black pepper in a bowl; marinate for 10 to 15 minutes.
- ☐ Grill the slices of angel food cake on the preheated grill until toasted, 3 to 5 minutes on each side.
- ☐ Transfer the cake to 4 dessert plates and top with marinated strawberries and the liquid and a spoonful of whipped cream.

Nutrition Facts



Properties

Glycemic Index:61.77, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:5.739565204667%

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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 139.91kcal (7%), Fat: 1.98g (3.04%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 27.12g (9.86%), Sugar: 18.04g (20.04%), Cholesterol: 5.7mg (1.9%), Sodium: 148.1mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin C: 42.34mg (51.32%), Manganese: 0.32mg (15.99%), Phosphorus: 91.98mg (9.2%), Selenium: 4.7µg (6.71%), Fiber: 1.5g (6.01%), Folate: 21.15µg (5.29%),

Potassium: 177.23mg (5.06%), Calcium: 47.06mg (4.71%), Vitamin B2: 0.07mg (4.25%), Magnesium: 14.38mg (3.6%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.72%), Iron: 0.48mg (2.68%), Vitamin B6: 0.04mg (1.92%), Vitamin E: 0.26mg (1.73%), Vitamin K: 1.8µg (1.71%), Vitamin B3: 0.33mg (1.63%), Vitamin B5: 0.14mg (1.44%), Vitamin A: 60.15IU (1.2%), Zinc: 0.18mg (1.19%)