



Strawberry Snow Cream

 Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



544 kcal

SIDE DISH

Ingredients

- ☐ 6 cups snow peas
- ☐ 0.5 cup sugar
- ☐ 0.5 cup whipping cream
- ☐ 2 tablespoons strawberries
- ☐ 1 serving sprinkles

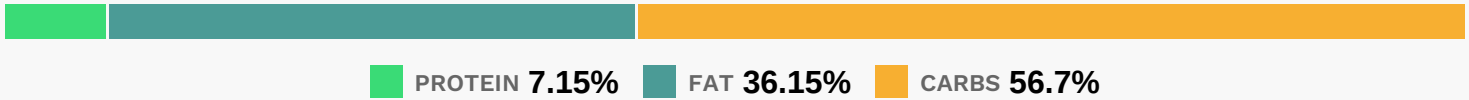
Equipment

- ☐ bowl

Directions

- ☐ Gather snow in large bowl.
- ☐ Sprinkle with sugar, then drizzle with whipping cream, stirring to mix and adding just enough cream to make an ice cream-like consistency.
- ☐ Add strawberry syrup; stir until blended.
- ☐ Scoop snow cream into 2 small bowls or paper cups.
- ☐ Garnish with sprinkles.
- ☐ Serve with a spoon.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:35.24, Inflammation Score:-10, Nutrition Score:26.946521816046%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.67mg, Pelargonidin: 3.67mg, Pelargonidin: 3.67mg, Pelargonidin: 3.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 544.16kcal (27.21%), Fat: 22.53g (34.66%), Saturated Fat: 14.04g (87.76%), Carbohydrates: 79.52g (26.51%), Net Carbohydrates: 71.58g (26.03%), Sugar: 68.67g (76.3%), Cholesterol: 67.24mg (22.41%), Sodium: 28.47mg (1.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.04%), Vitamin C: 185.45mg (224.79%), Vitamin A: 4072.2IU (81.44%), Vitamin K: 75.73µg (72.12%), Manganese: 0.78mg (38.85%), Iron: 6.26mg (34.78%), Folate: 129.41µg (32.35%), Fiber: 7.94g (31.76%), Vitamin B1: 0.46mg (30.43%), Vitamin B6: 0.5mg

(24.91%), Vitamin B5: 2.38mg (23.75%), Vitamin B2: 0.36mg (21.17%), Phosphorus: 193.88mg (19.39%), Magnesium: 76.65mg (19.16%), Potassium: 668.15mg (19.09%), Calcium: 168.56mg (16.86%), Copper: 0.25mg (12.47%), Vitamin E: 1.74mg (11.58%), Vitamin B3: 1.86mg (9.3%), Zinc: 0.96mg (6.42%), Vitamin D: 0.95µg (6.35%), Selenium: 4.2µg (6%), Vitamin B12: 0.1µg (1.59%)