



Strawberry Tarragon Fools



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon confectioners' sugar
- ☐ 2 teaspoons tarragon leaves fresh roughly chopped
- ☐ 230 g heavy cream
- ☐ 1.5 teaspoons juice of lemon freshly squeezed
- ☐ 375 g strawberries hulled chopped
- ☐ 1.5 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

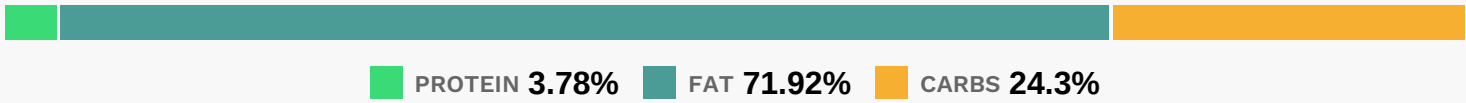
Equipment

- ☐ oven
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Combine strawberries, sugar, and lemon juice in a baking dish. Roast strawberries for about 8–10 minutes until soft.
- ☐ Remove and let cool.
- ☐ Combine tarragon and cream and refrigerate for a half hour. Strain out leaves.
- ☐ Combine cream, confectioners' sugar, and vanilla in a stand mixer. Whip to just past soft peaks, but not firm.Carefully fold strawberries into cream. Divide among small dessert glasses and serve.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:3.71, Inflammation Score:-5, Nutrition Score:5.7252174304879%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.53mg, Pelargonidin: 15.53mg, Pelargonidin: 15.53mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 171.23kcal (8.56%), Fat: 14.09g (21.67%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.41g (3.42%), Sugar: 8.59g (9.54%), Cholesterol: 43.32mg (14.44%), Sodium: 11.52mg (0.5%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 1.66g (3.33%), Vitamin C: 37.8mg (45.81%), Manganese: 0.3mg (14.83%), Vitamin A: 599.08IU (11.98%), Vitamin B2: 0.1mg (5.67%), Fiber: 1.3g (5.21%), Folate: 18.61µg (4.65%), Potassium: 154.54mg (4.42%), Calcium: 43.08mg (4.31%), Vitamin D: 0.61µg (4.09%), Phosphorus: 39.46mg (3.95%), Vitamin E: 0.54mg (3.57%), Magnesium: 13.28mg (3.32%), Vitamin B6: 0.06mg (2.98%), Iron: 0.51mg (2.86%), Vitamin K: 2.6µg (2.48%), Selenium: 1.46µg (2.08%), Copper: 0.04mg (1.99%), Vitamin B5: 0.18mg (1.78%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.65%), Zinc: 0.21mg (1.38%), Vitamin B12: 0.06µg (1.02%)