

Strawberry Whip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



106 kcal

SIDE DISH

Ingredients

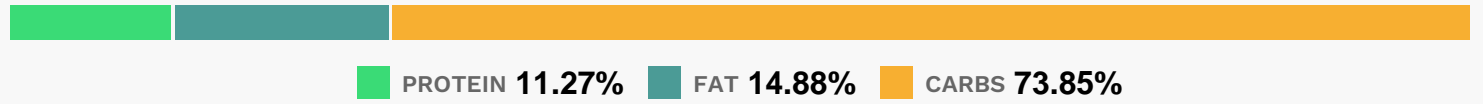
- 2 tablespoons agave nectar (or other sweetener)
- 1 tablespoon meyer lemon juice fresh (use less if using regular lemons)
- 0.5 cup silken tofu firm
- 0.3 cup strawberries chopped
- 0.1 teaspoon vanilla extract

Equipment

Directions

Instructions Using a blender, food processor, or hand blender, blend all ingredients until smooth. Refrigerate until chilled and serve topped or layered with more strawberries and with soy whipped cream, if desired. Makes 2 servings.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:2.81, Inflammation Score:-2, Nutrition Score:3.4695652096492%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 105.76kcal (5.29%), Fat: 1.76g (2.71%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 19.21g (6.98%), Sugar: 16.16g (17.95%), Cholesterol: 0mg (0%), Sodium: 4.07mg (0.18%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 3.01g (6.01%), Vitamin C: 17.06mg (20.67%), Copper: 0.13mg (6.72%), Vitamin B1: 0.09mg (6.06%), Magnesium: 20.18mg (5.05%), Vitamin K: 5.12µg (4.88%), Phosphorus: 41.82mg (4.18%), Potassium: 142.94mg (4.08%), Vitamin B2: 0.06mg (3.74%), Manganese: 0.07mg (3.6%), Vitamin B6: 0.07mg (3.38%), Iron: 0.58mg (3.24%), Folate: 12.12µg (3.03%), Zinc: 0.34mg (2.26%), Calcium: 21.9mg (2.19%), Vitamin B3: 0.4mg (2%), Fiber: 0.48g (1.93%), Vitamin E: 0.27mg (1.8%)