



Sunny's Strawberry Fool

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



480 kcal

SIDE DISH

Ingredients

- ☐ 8 cinnamon graham crackers
- ☐ 1 tablespoon honey
- ☐ 2 cups in ice bath very cold
- ☐ 2 tablespoons orange juice
- ☐ 2 pints strawberries hulled sliced
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon vanilla extract

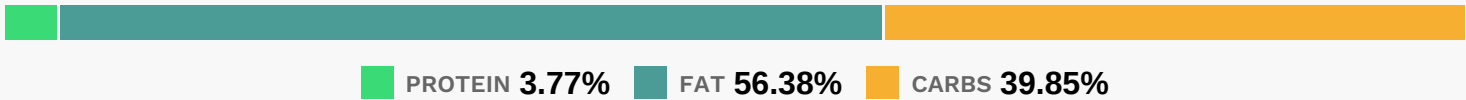
Equipment

- ☐ bowl
- ☐ whisk
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a bowl, toss together the strawberries, orange juice, and sugar.
- ☐ Let rest at room temperature for 30 minutes, tossing a few times while it rests.
- ☐ To make the whipped cream: In a large bowl, whisk the heavy cream until soft peaks form.
- ☐ Add the honey, sugar, and vanilla. Continue to whisk until medium stiff peaks form.
- ☐ Remove the strawberries from the bowl with a slotted spoon and add to the whipped cream. With a rubber spatula, gently fold the strawberries into the whipped cream.
- ☐ Pour into a serving glass or dish and serve with graham crackers, either crumbled over the top or use them as a scoop.

Nutrition Facts



Properties

Glycemic Index:59.74, Glycemic Load:27.54, Inflammation Score:-8, Nutrition Score:13.44913047293%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg,

Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 480.24kcal (24.01%), Fat: 31.05g (47.76%), Saturated Fat: 18.56g (116.02%), Carbohydrates: 49.37g (16.46%), Net Carbohydrates: 45.56g (16.57%), Sugar: 35.01g (38.9%), Cholesterol: 89.65mg (29.88%), Sodium: 146.41mg (6.37%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 4.66g (9.33%), Vitamin C: 96.07mg (116.45%), Manganese: 0.61mg (30.73%), Vitamin A: 1196.46IU (23.93%), Fiber: 3.81g (15.23%), Vitamin B2: 0.24mg (13.84%), Folate: 51.38µg (12.85%), Phosphorus: 122.7mg (12.27%), Potassium: 363.72mg (10.39%), Magnesium: 37.8mg (9.45%), Calcium: 93.39mg (9.34%), Iron: 1.53mg (8.51%), Vitamin D: 1.27µg (8.46%), Vitamin E: 1.19mg (7.93%), Vitamin B3: 1.39mg (6.97%), Vitamin B1: 0.1mg (6.76%), Vitamin B6: 0.12mg (6.19%), Vitamin K: 6.01µg (5.73%), Zinc: 0.79mg (5.24%), Copper: 0.1mg (4.76%), Selenium: 3.15µg (4.5%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.13µg (2.12%)