



Swedish Cream with Summer Berries



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brandy-based orange liqueur grand marnier® (such as)
- ☐ 0.5 cup yogurt plain
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 cups strawberries fresh hulled cleaned sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream
- ☐ 0.5 cup sugar white

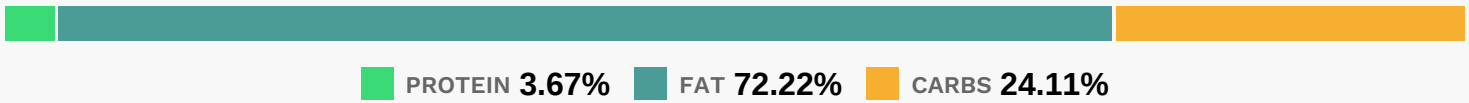
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine the sour cream, sugar, yogurt, vanilla extract, and orange liqueur in a large bowl.
- ☐ Pour the whipping cream into a saucepan, and heat over medium-high heat just below the boiling point. Slowly stir the heated cream into the sour cream mixture. To serve, pour the cream mixture into 1/2 cup Irish coffee glasses to 1 inch below the rim. Top each glass with sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:9.68, Inflammation Score:-6, Nutrition Score:5.9447825369628%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 346.98kcal (17.35%), Fat: 27.72g (42.65%), Saturated Fat: 16.92g (105.76%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 20.1g (7.31%), Sugar: 19.54g (21.71%), Cholesterol: 86.19mg (28.73%), Sodium: 33mg (1.43%), Alcohol: 1.63g (100%), Alcohol %: 1.31% (100%), Protein: 3.17g (6.34%), Vitamin C: 21.86mg (26.5%), Vitamin A: 1073.24IU (21.46%), Vitamin B2: 0.19mg (11.37%), Calcium: 92.83mg (9.28%), Phosphorus: 79.91mg (7.99%), Manganese: 0.15mg (7.3%), Vitamin D: 0.97µg (6.45%), Vitamin E: 0.77mg (5.13%), Potassium: 173.95mg (4.97%), Selenium: 3.42µg (4.89%), Vitamin B12: 0.21µg (3.54%), Vitamin B5: 0.35mg (3.53%), Magnesium: 13.79mg (3.45%),

Folate: 13.82µg (3.45%), Vitamin K: 3.16µg (3.01%), Fiber: 0.72g (2.88%), Vitamin B6: 0.05mg (2.73%), Zinc: 0.38mg (2.55%), Vitamin B1: 0.03mg (2.07%), Copper: 0.03mg (1.69%), Iron: 0.25mg (1.36%), Vitamin B3: 0.23mg (1.13%)