



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Maple Strawberries and Cream <sup>••</sup>

A delicious and creamy dessert made with fresh strawberries, maple syrup, and whipped cream. This dessert is perfect for any occasion and is sure to impress your guests.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Strawberries
50 g	maple syrup
200 g	whipped cream

### Directions

## Step 1

Wash and hull the strawberries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

Cutting

Slice the strawberries and place them in a bowl.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 3

Stirring

Drizzle the maple syrup over the strawberries and toss to coat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

Resting

Let the strawberries marinate in the maple syrup for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve the strawberries with a dollop of whipped cream on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 1 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	1 g	5.88%	5.88%
---------	-----	-------	-------

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	12 g	N/A	N/A
Lactose	5 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	50 mg	55.56%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

### Events

Christmas

Thanksgiving

Wedding

Valentine's Day

New Year

Back to School

Barbecue

Picnic

## Course

Desserts

Drinks

Breads

Salads

Snacks

Sauces & Dressings

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

## Meal Type

Brunch

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)