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Strawberry Citrus Creamy Bold Breeze Small

This recipe is a refreshing and creamy dessert that combines the flavors of strawberries and citrus. It is perfect for those who enjoy bold and vibrant flavors. The dessert is consumed chilled and can be enjoyed on its own or as a topping for other desserts.

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

250 g	Strawberries
250 g	citrus fruits (e.g., oranges, lemons, limes)
200 g	cream
100 g	sugar

2 tsp vanilla extract

Directions

Step 1

Cut

Wash and hull the strawberries. Slice them into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel the citrus fruits and separate the segments. Remove any seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a mixing bowl, combine the strawberries, citrus fruits, cream, sugar, and vanilla extract. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Transfer the mixture to a container and refrigerate for at least 1 hour to chill.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Strawberry Citrus Creamy Bold Breeze Small chilled as a dessert or topping for other desserts.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 3 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	250 iu	27.78%	35.71%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Birthday

Wedding

Valentine's Day

Anniversary

Back to School

Picnic

Cuisines

Indian

Mexican

French

Thai

Japanese

Mediterranean

Greek

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

Low Sodium

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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