

Stuffed Strawberries

Food Network Magazine - July/ August 2013

Servings: 6

1 pound fresh strawberries
1 carton (6 ounce) vanilla Greek yogurt
1 tablespoon honey
grated chocolate (for topping)
chopped pecans (for topping)
ground nutmeg (for topping)

Wash and core the berries. Cut off the tips so the berries stand, cored ends up.

In a sandwich bag, combine the yogurt and honey. Remove the air and seal. Gently massage until blended.

Cut off a corner of the bag. Insert the bag into the berries.

Squeeze the bag to fill the berries.

Sprinkle with the toppings.

Refrigerate until ready to serve.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 32 Calories; trace Fat (6.0% calories from fat); trace Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	32	Vitamin B6 (mg):	trace
% Calories from Fat:	6.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	13mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	120mg
Calcium (mg):	10mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	40mg
Vitamin A (i.u.):	19IU
Vitamin A (r.e.):	2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 32 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	6%
Protein	trace	

Vitamin A	0%
Vitamin C	67%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.