



Balsamic Strawberries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients



3 tablespoons balsamic vinegar



16 ounce strawberries fresh sliced



0.5 cup sugar

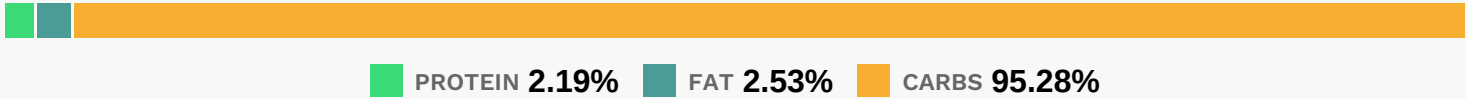
Equipment

Directions



Combine all ingredients; let stand 1 hour at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:10.53, Inflammation Score:-2, Nutrition Score:3.4065217356319%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 71.55kcal (3.58%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.69g (6.07%), Sugar: 16.14g (17.94%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 33.34mg (40.41%), Manganese: 0.23mg (11.36%), Fiber: 1.13g (4.54%), Folate: 13.61µg (3.4%), Potassium: 93.72mg (2.68%), Magnesium: 8.09mg (2.02%), Iron: 0.28mg (1.57%), Copper: 0.03mg (1.48%), Phosphorus: 14.75mg (1.47%), Vitamin B6: 0.03mg (1.33%), Vitamin K: 1.25µg (1.19%), Vitamin E: 0.16mg (1.1%), Vitamin B3: 0.22mg (1.09%), Calcium: 10.82mg (1.08%)