



Balsamic Strawberry Topping



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



37 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



0.1 teaspoon ground nutmeg



2 tablespoons brown sugar light



3 cups strawberries sliced

Equipment

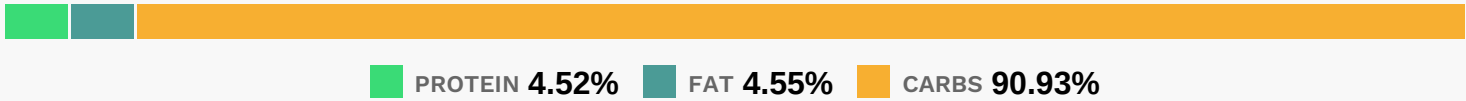


sauce pan

Directions

- ☐ Combine the first 3 ingredients in a small saucepan. Bring to a simmer over medium-low heat; cook 2 minutes or until slightly thickened. Stir in sliced strawberries, and remove from heat.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.86, Glycemic Load:1.8, Inflammation Score:-2, Nutrition Score:3.7230435428412%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.34mg, Pelargonidin: 15.34mg, Pelargonidin: 15.34mg, Pelargonidin: 15.34mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 36.99kcal (1.85%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.66g (2.78%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 2.63mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 36.29mg (43.99%), Manganese: 0.25mg (12.37%), Fiber: 1.24g (4.97%), Folate: 14.87µg (3.72%), Potassium: 104.23mg (2.98%), Magnesium: 8.95mg (2.24%), Iron: 0.31mg (1.73%), Copper: 0.03mg (1.64%), Phosphorus: 15.89mg (1.59%), Vitamin B6: 0.03mg (1.52%), Calcium: 14.02mg (1.4%), Vitamin K: 1.36µg (1.29%), Vitamin B3: 0.24mg (1.21%), Vitamin E: 0.18mg (1.19%)