



Buttered Strawberry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SAUCE

Ingredients

- ☐ 11.5 ounce strawberry-banana nectar canned
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon butter
- ☐ 2.5 cups strawberries sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

sauce pan

Directions

- Combine the first 4 ingredients in a medium saucepan. Bring to a boil; cook 1 minute, stirring constantly.
- Remove from heat; stir in margarine, vanilla, and strawberries.

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:13.19, Inflammation Score:-4, Nutrition Score:6.0560868942867%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg 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: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg, Catechin: 5.18mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg 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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 120.1kcal (6.01%), Fat: 2.27g (3.49%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 23.4g (8.51%), Sugar: 17.94g (19.94%), Cholesterol: 0mg (0%), Sodium: 23.33mg (1.01%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 1.02g (2.04%), Vitamin C: 40.33mg (48.89%), Manganese: 0.38mg (18.99%), Vitamin B6: 0.23mg (11.41%), Fiber: 2.62g (10.49%), Potassium: 288.84mg (8.25%), Folate: 25.46µg (6.36%), Magnesium: 22.65mg (5.66%), Copper: 0.07mg (3.62%), Vitamin B2: 0.06mg (3.28%), Vitamin B3: 0.6mg (2.98%), Phosphorus: 27.06mg (2.71%), Vitamin B5: 0.26mg (2.6%), Vitamin A: 125.49IU (2.51%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (2.11%), Vitamin E: 0.3mg (2.01%), Vitamin K: 1.59µg (1.52%), Calcium: 13.2mg (1.32%), Selenium:

0.85µg (1.22%), Zinc: 0.17mg (1.12%)