



Fresh Strawberries with Balsamic Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



0.3 teaspoon pepper black freshly ground to taste



0.3 cup splenda® no calorie sweetener



16 ounces strawberries fresh hulled cut in half

Equipment

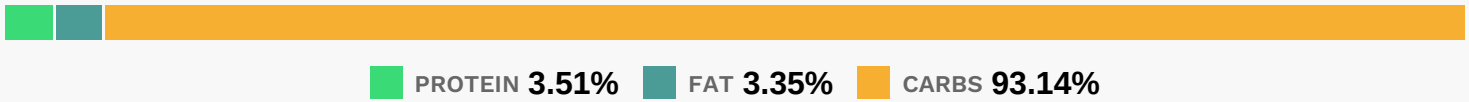


bowl

Directions

- ☐
- Place strawberries in a bowl.
- ☐
- Drizzle vinegar over strawberries, and sprinkle with SPLENDA® Granulated Sweetener. Stir gently to combine. Cover, and let sit at room temperature for at least 1 hour but not more than 4 hours. Just before serving, grind pepper over berries.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:5.98, Inflammation Score:-3, Nutrition Score:4.5391305037167%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 57.09kcal (2.85%), Fat: 0.23g (0.35%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 12.83g (4.67%), Sugar: 11.19g (12.43%), Cholesterol: 0mg (0%), Sodium: 2mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 44.45mg (53.88%), Manganese: 0.31mg (15.47%), Fiber: 1.53g (6.13%), Folate: 18.16µg (4.54%), Potassium: 123.08mg (3.52%), Magnesium: 10.61mg (2.65%), Iron: 0.36mg (1.98%), Copper: 0.04mg (1.94%), Phosphorus: 19.29mg (1.93%), Vitamin B6: 0.04mg (1.79%), Vitamin K: 1.8µg (1.71%), Vitamin E: 0.22mg (1.47%), Vitamin B3: 0.29mg (1.46%), Calcium: 13.9mg (1.39%), Vitamin B1: 0.02mg (1.22%)