



Fresh Strawberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



59 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 1 teaspoon cornstarch
- ☐ 1 pint strawberries fresh hulled
- ☐ 2 tablespoons water
- ☐ 0.3 cup sugar white to taste

Equipment

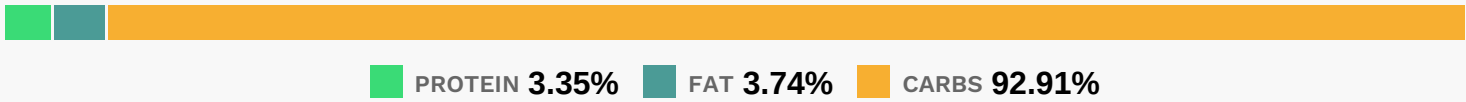
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ blender

Directions

- ☐ Combine strawberries, sugar, 2 tablespoons water, and balsamic vinegar in a saucepan and bring to simmer over medium heat.
- ☐ Reduce heat to medium-low, cover, and simmer for 15 minutes.
- ☐ Whisk 2 tablespoons water and cornstarch in a small bowl.
- ☐ Whisk cornstarch mixture into strawberry mixture. Cook, stirring constantly, until mixture thickens, 1 to 2 minutes.
- ☐ Remove from heat.
- ☐ Transfer mixture to a blender and puree until smooth.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:7.64, Inflammation Score:-3, Nutrition Score:4.6517391153004%

Flavonoids

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Nutrients (% of daily need)

Calories: 58.96kcal (2.95%), Fat: 0.26g (0.41%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 13.15g (4.78%), Sugar: 12.24g (13.59%), Cholesterol: 0mg (0%), Sodium: 1.25mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 46.37mg (56.21%), Manganese: 0.31mg (15.27%), Fiber: 1.58g (6.32%), Folate: 18.93µg (4.73%), Potassium: 121.3mg (3.47%), Magnesium: 10.36mg (2.59%), Copper: 0.04mg (1.98%), Phosphorus: 19.05mg (1.9%), Vitamin B6: 0.04mg (1.85%), Iron: 0.33mg (1.84%), Vitamin K: 1.74µg (1.65%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.23mg (1.52%), Calcium: 12.97mg (1.3%), Vitamin B1: 0.02mg (1.26%), Vitamin B2: 0.02mg (1.11%)