



Simple Strawberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



165 kcal

SAUCE

Ingredients



2 quarts strawberries fresh hulled cleaned sliced



0.5 cup sugar white

Equipment



bowl

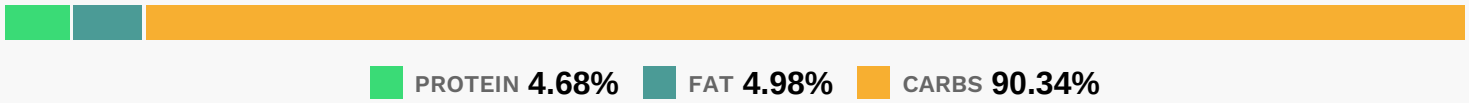
Directions



Place the strawberries in a large bowl.

- ☐
- Sprinkle the sugar evenly over the berries, and stir to evenly coat all of the fruit.
- ☐
- Let stand at room temperature for 10 minutes, stirring occasionally. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:18.8, Inflammation Score:-7, Nutrition Score:13.120434740315%

Flavonoids

Cyanidin: 5.3mg, Cyanidin: 5.3mg, Cyanidin: 5.3mg, Cyanidin: 5.3mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg, Delphinidin: 0.98mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 78.39mg, Pelargonidin: 78.39mg, Pelargonidin: 78.39mg, Pelargonidin: 78.39mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg, Epigallocatechin: 2.46mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 165.11kcal (8.26%), Fat: 1g (1.54%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 34.52g (12.55%), Sugar: 32.06g (35.62%), Cholesterol: 0mg (0%), Sodium: 3.32mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.23%), Vitamin C: 185.49mg (224.83%), Manganese: 1.22mg (60.92%), Fiber: 6.31g (25.24%), Folate: 75.71µg (18.93%), Potassium: 482.97mg (13.8%), Magnesium: 41.01mg (10.25%), Copper: 0.15mg (7.63%), Phosphorus: 75.71mg (7.57%), Vitamin B6: 0.15mg (7.41%), Iron: 1.3mg (7.23%), Vitamin K: 6.94µg (6.61%), Vitamin E: 0.91mg (6.1%), Vitamin B3: 1.22mg (6.09%), Calcium: 50.64mg (5.06%), Vitamin B1: 0.08mg (5.05%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.44mg (2.96%), Selenium: 1.36µg (1.95%)