



Strawberry Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients



8 servings optional: lemon (with white pith) of 1/2 lemon



1 pound strawberries (fresh hulled halved)



0.8 cup caster sugar (fine)

Equipment



pot

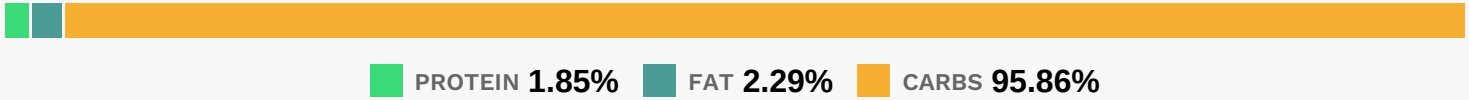


slotted spoon

Directions

- ☐ Combine all ingredients in a heavy, wide pot. Cover; let sit at room temperature, stirring occasionally, for 2 hours. (The berries will ooze and sugar will dissolve.)
- ☐ Bring strawberry mixture to a simmer over medium heat. Cook, stirring gently, until strawberries are just tender, about 3 minutes. Using a slotted spoon, transfer strawberries to 1 pint jar. Continue simmering liquid until it thickens into a syrupy consistency, 1–2 minutes. Discard lemon peel and pour syrup over strawberries; seal and let cool to room temperature. Chill for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:14.49, Inflammation Score:-2, Nutrition Score:3.682608699669%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 92.36kcal (4.62%), Fat: 0.25g (0.39%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 22.35g (8.13%), Sugar: 21.66g (24.07%), Cholesterol: 0mg (0%), Sodium: 0.89mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 37.05mg (44.91%), Manganese: 0.22mg (11.09%), Fiber: 1.33g (5.32%), Folate: 14.38µg (3.59%), Potassium: 96.78mg (2.77%), Magnesium: 7.93mg (1.98%),

Vitamin B6: 0.03mg (1.61%), Iron: 0.28mg (1.58%), Copper: 0.03mg (1.56%), Phosphorus: 14.73mg (1.47%), Vitamin K: 1.25µg (1.19%), Vitamin E: 0.17mg (1.17%), Vitamin B3: 0.23mg (1.13%), Calcium: 11.08mg (1.11%), Vitamin B1: 0.02mg (1.09%), Vitamin B2: 0.02mg (1.03%)