



Strawberry Leather



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



480 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients



4.5 cups strawberries halved



0.8 cup sugar

Equipment



baking sheet



sauce pan



baking paper



oven



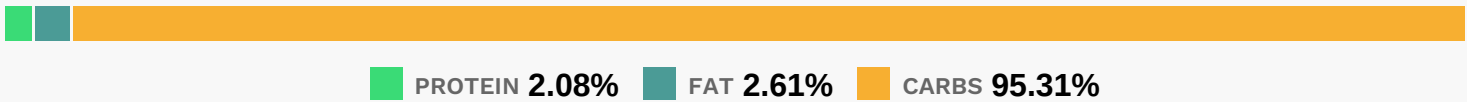
sieve

- ☐ blender
- ☐ spatula

Directions

- ☐ Purée strawberries with sugar in a blender until smooth, then strain through a fine-mesh sieve into a large heavy saucepan.
- ☐ Bring purée to a boil, then simmer over medium-low heat, stirring occasionally (more frequently toward end), until thick enough to mound slightly and reduced to 1 to 1 1/4 cups, 45 minutes to 1 hour.
- ☐ Preheat oven to 200°F with rack in middle. Line a large baking sheet with nonstick liner.
- ☐ Pour hot purée onto liner and spread thinly (as evenly as possible) into a 15- by 10-inch rectangle using spatula. Dry purée in oven until it feels drier (it shouldn't stick to your fingers) but is still slightly tacky, 2 to 3 hours.
- ☐ Cool on liner on a rack until completely dry, at least 3 hours and up to 2
- ☐ Place a sheet of parchment paper over leather, then peel leather off liner and roll up in parchment.
- ☐ Strawberry leather keeps in a sealed bag at room temperature 1 month.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:14.93, Inflammation Score:-3, Nutrition Score:4.7808695539184%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg, Catechin: 2.52mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 98.11kcal (4.91%), Fat: 0.3g (0.47%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 23.28g (8.46%), Sugar: 22.67g (25.19%), Cholesterol: 0mg (0%), Sodium: 1mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 47.63mg (57.73%), Manganese: 0.31mg (15.67%), Fiber: 1.62g (6.48%), Folate: 19.44µg (4.86%), Potassium: 124.31mg (3.55%), Magnesium: 10.53mg (2.63%), Copper: 0.04mg (2.01%), Phosphorus: 19.44mg (1.94%), Vitamin B6: 0.04mg (1.9%), Iron: 0.34mg (1.9%), Vitamin K: 1.78µg (1.7%), Vitamin E: 0.23mg (1.57%), Vitamin B3: 0.31mg (1.56%), Calcium: 13.15mg (1.31%), Vitamin B1: 0.02mg (1.3%), Vitamin B2: 0.02mg (1.26%), Vitamin B5: 0.1mg (1.01%)