



Strawberry-Lemon Spread



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



14

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 teaspoon lemon juice or to taste



3 inch lemon zest



1 pound strawberries hulled quartered



1 cup sugar divided



0.5 cup water

Equipment



bowl

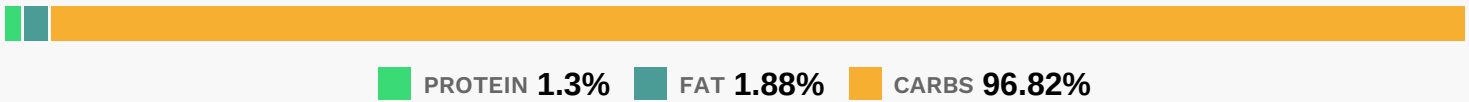


sauce pan

Directions

- ☐ Sprinkle strawberries with 1/2 cup sugar in a heatproof bowl; set aside.
- ☐ Place zest in a medium saucepan, cover with cold water, and bring to a boil. Strain and discard water; set zest aside. Bring 1/2 cup water and remaining sugar to a simmer in saucepan.
- ☐ Add zest, and simmer until mixture is syrupy (about 20 minutes).
- ☐ Strain zest and reserve, pouring remaining syrup over strawberries. Coarsely mash berries, and return to saucepan. Simmer, skimming foam and stirring occasionally, until mixture is darker in color and slightly thickened (about 45 minutes). Stir in zest; cool.
- ☐ Add lemon juice to taste. Store in a covered container; refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:7.86, Glycemic Load:10.71, Inflammation Score:-1, Nutrition Score:1.9995652560307%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 8.05mg, Pelargonidin: 8.05mg, Pelargonidin: 8.05mg, Pelargonidin: 8.05mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 65.7kcal (3.29%), Fat: 0.15g (0.22%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 16.12g (5.86%), Sugar: 15.87g (17.64%), Cholesterol: 0mg (0%), Sodium: 0.93mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin C: 19.89mg (24.11%), Manganese: 0.13mg (6.28%), Fiber: 0.71g (2.83%), Folate: 7.92µg (1.98%), Potassium: 51.1mg (1.46%), Magnesium: 4.4mg (1.1%)