



Strawberry Mint Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



39 kcal

SAUCE

Ingredients

- ☐ 0.3 cup mint leaves fresh
- ☐ 0.5 cup honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups strawberries chopped (1 pint)

Equipment

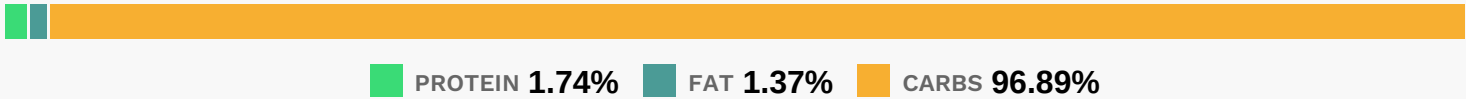
- ☐ food processor
- ☐ sauce pan
- ☐ sieve

☐ blender

Directions

- ☐ Place strawberries, honey, and mint in a small saucepan. Bring to a simmer over medium heat; cook 1 minute or until honey dissolves.
- ☐ Place the strawberry mixture in a blender or food processor; process until smooth. Strain through a fine sieve; discard solids. Stir in lemon juice.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.3300000033949%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 38.87kcal (1.94%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.9g (3.6%), Sugar: 9.62g (10.69%), Cholesterol: 0mg (0%), Sodium: 0.84mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin C: 11.59mg (14.04%), Manganese: 0.09mg (4.32%), Fiber: 0.44g (1.77%), Folate: 5.71µg (1.43%), Potassium: 38.98mg (1.11%)