



Strawberry Preserves

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 pounds strawberries hulled
- 1 tablespoon juice of lemon freshly squeezed
- 1 cup sugar

Equipment

- sauce pan
- candy thermometer

Directions

- Put strawberries and lemon juice in a large saucepan. Cook, stirring occasionally, over low heat until juices are released, about 40 minutes. Stir in sugar.
- Bring to a boil over medium heat. Cook, stirring occasionally, until mixture registers 210 degrees on a candy thermometer, about 15 minutes.
- Let cool completely; skim foam from surface with a spoon.

Nutrition Facts

 **PROTEIN 2.16%**  **FAT 2.69%**  **CARBS 95.15%**

Properties

Glycemic Index:11.01, Glycemic Load:16.02, Inflammation Score:-3, Nutrition Score:5.3995652367239%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 106.36kcal (5.32%), Fat: 0.34g (0.52%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 25.17g (9.15%), Sugar: 24.43g (27.15%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Vitamin C: 53.92mg (65.36%), Manganese: 0.35mg (17.56%), Fiber: 1.82g (7.28%), Folate: 22.07µg (5.52%), Potassium: 140.74mg (4.02%), Magnesium: 11.88mg (2.97%), Copper: 0.05mg (2.26%), Phosphorus: 21.89mg (2.19%), Vitamin B6: 0.04mg (2.17%), Iron: 0.38mg (2.13%), Vitamin K: 2µg (1.9%), Vitamin E: 0.27mg (1.77%), Vitamin B3: 0.35mg (1.76%), Vitamin B1: 0.02mg (1.48%), Calcium: 14.81mg (1.48%),

Vitamin B2: 0.02mg (1.41%), Vitamin B5: 0.12mg (1.15%)