



Strawberry Rhubarb Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



5

CALORIES



167 kcal

SAUCE

Ingredients

- ☐ 5 teaspoons cornstarch
- ☐ 0.5 cup orange juice
- ☐ 1 cup rhubarb sliced
- ☐ 4 cups strawberries fresh sliced
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.7 cup sugar white

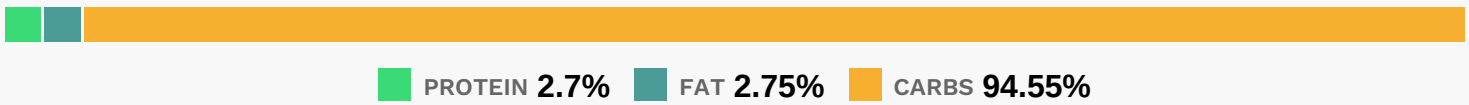
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sugar, orange juice, cornstarch, and vanilla in a large sauce pan. Bring to a boil over medium heat.
- ☐ Add strawberries and rhubarb; reduce heat and cook, stirring occasionally, until tender, 5 to 10 minutes.
- ☐ Remove from heat and mash the cooked berries with a fork. Stir in food coloring, if using.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:22.64, Inflammation Score:-5, Nutrition Score:8.9239130538443%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.63mg, Pelargonidin: 28.63mg, Pelargonidin: 28.63mg, Pelargonidin: 28.63mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 166.89kcal (8.34%), Fat: 0.53g (0.82%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 38.26g (13.91%), Sugar: 34.75g (38.61%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0.41g (100%), Alcohol %: 0.27% (100%), Protein: 1.17g (2.34%), Vitamin C: 82.09mg (99.5%), Manganese: 0.5mg (25.04%), Fiber: 2.81g (11.24%), Vitamin K: 9.71µg (9.25%), Folate: 36.8µg (9.2%), Potassium: 298.5mg

(8.53%), Magnesium: 20.84mg (5.21%), Calcium: 42.58mg (4.26%), Copper: 0.08mg (3.75%), Vitamin B1: 0.05mg (3.67%), Phosphorus: 35.61mg (3.56%), Vitamin B6: 0.07mg (3.51%), Iron: 0.6mg (3.33%), Vitamin B3: 0.62mg (3.11%), Vitamin E: 0.41mg (2.73%), Vitamin B2: 0.05mg (2.72%), Vitamin B5: 0.21mg (2.12%), Vitamin A: 88.31IU (1.77%), Selenium: 0.97µg (1.39%), Zinc: 0.2mg (1.36%)