

Fresh Strawberry Sauce

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Servings: 6

1/3 cup water

1 tea bag (such as orange pekoe)

1 cup small, fresh, hulled strawberries

1 1/2 cups strawberries, thinly sliced

1 tablespoon granulated sugar

1 1/2 teaspoons cornstarch

1 tablespoon butter

Preparation Time: 30 minutes

Grill: 6 minutes

Make the Fresh Strawberry Sauce: In a small saucepan, bring the water just to a boil. Remove from the heat and add the teabag. Cover and let steep for 5 minutes. Remove the teabag, pressing out all of the tea. Discard the tea bag.

Meanwhile, in a small bowl, use a potato masher or pastry blender to mash one cup of strawberries. Add the sugar and cornstarch to the mashed strawberries and stir until combined.

Add to the brewed tea in the saucepan. Cook and stir until thickened and bubbly. Cook for 2 minutes more. Remove from the heat and stir in the butter and sliced strawberries. Set aside to cool slightly.

Per Serving (excluding unknown items): 39 Calories; 2g Fat (45.4% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	0mg
% Calories from Fat:	45.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	52.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	7mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	5mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	20mg
Potassium (mg):	62mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	21mg
Vitamin A (i.u.):	82IU
Vitamin A (r.e.):	19RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 39 Calories from Fat: 18

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	20mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A	2%
Vitamin C	35%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.