



# Strawberry Sauce

8 Servings • 1 Serving = 2 Tablespoons

## INGREDIENTS

- 3 cups fresh or frozen strawberries
- ½ cup water
- Juice and zest from ½ orange, about ¼ cup juice
- 1 Tablespoon stevia in the raw or 2 Tablespoons sugar

## DIRECTIONS

1. If using fresh strawberries, trim them.
2. Add strawberries, water, orange juice, zest, and stevia or sugar in a small stock pot.
3. Heat over low heat and cook until strawberries fall apart and have a jam consistency, about 20 minutes.

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Total Sugars</b> 9g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 164mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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