

Sauces

Strawberry Orange Sauce

Taste of Home

Cook time: 10 minutes

2 cups frozen unsweetened strawberries

1/4 cup orange juice

2 tablespoons sugar

2 teaspoons grated orange peel

In a small saucepan, combine all ingredients.

Bring to a boil. Reduce heat; simmer, uncovered, for 5 to 10 minutes or until syrupy.

Yield: 1 1/4 cups

Per Serving (excluding unknown items): 236 Calories; trace Fat (1.5% calories from fat); 2g Protein; 60g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 2 1/2 Fruit; 1 1/2 Other Carbohydrates.