

Strawberry Sauce

Ree Drummond - "The Pioneer Woman Cooks Dinnertime"
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2 pounds strawberries, hulled
1 cup sugar
1 teaspoon vanilla extract
juice of 1/2 lemon
2 drops red food coloring (optional)

In a medium saucepan over medium-high heat, place the strawberries, sugar, vanilla and lemon juice. Bring to a gentle boil, stirring constantly. Let the strawberries cook for a good 5 minutes or until soft.

Turn off the heat. Use a potato masher to completely mash the berries. If you would like to increase the red color, add a couple drops of red food coloring.

Pour the mixture into a fine-mesh strainer placed over a bowl. Use a spoon to stir the fruit so the liquid is forced through. Set the pulp aside if you want to add some back to the finished sauce.

Skim as much foam off the sauce as you can. Pour the sauce back into the same saucepan. Bring to a boil for 3 minutes over medium-high heat. Turn off the heat. Let the sauce cool for 5 minutes.

Pour the sauce into a glass jar or container. If you wish, add a spoonful or two of the pulp back into the sauce. Store in the refrigerator until ready to serve.

Serve either directly from the refrigerator or warmed up in the microwave. Serve over ice cream.

This sauce will last for a few months in the refrigerator and can be frozen.

Per Serving (excluding unknown items): 1043 Calories; 3g Fat (2.4% calories from fat); 5g Protein; 261g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 4 1/2 Fruit; 13 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1043
% Calories from Fat:	2.4%
% Calories from Carbohydrates:	95.8%
% Calories from Protein:	1.8%
Total Fat (g):	3g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	261g
Dietary Fiber (g):	19g
Protein (g):	5g
Sodium (mg):	11mg
Potassium (mg):	1421mg
Calcium (mg):	121mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	484mg
Vitamin A (i.u.):	230IU
Vitamin A (r.e.):	25 1/2RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	151mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	13 1/2

Nutrition Facts

Amount Per Serving

Calories 1043 Calories from Fat: 25

		% Daily Values*
Total Fat	3g	4%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	261g	87%
Dietary Fiber	19g	77%
Protein	5g	
Vitamin A		5%
Vitamin C		806%
Calcium		12%
Iron		16%

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