

## Strawberries with Balsamic Vinegar

### Ingredients:

- 1 pound fresh, ripe strawberries, hulled and sliced
- 1 tablespoon sugar
- 1 tablespoon balsamic vinegar

### Equipment:

- Knife
- Cutting board
- Potato peeler
- Small bowl
- Measuring spoons

Number of Servings: 4  
 Prep Time: 25 minutes  
 Total Time: 1 hour and 30 minutes

### Directions

1. Wash strawberries and remove hulls and stems with the end of a potato peeler or a small sharp knife.
2. Slice and place in a medium bowl. Sprinkle with sugar, stir gently, and allow to stand for 15 minutes.
3. Drizzle balsamic vinegar over strawberries. Gently stir one more time.
4. Refrigerate or let stand for at least an hour.

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### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 4	
<b>Amount Per Serving</b>	
<b>Calories 45</b>	Calories from Fat 1
<b>%Daily Value*</b>	
<b>Total Fat</b> trace g	<b>7%</b>
Saturated Fat 0g	<b>19%</b>
<b>Cholesterol</b> 0mg	<b>2%</b>
<b>Sodium</b> 1mg	<b>11%</b>
<b>Total Carbohydrate</b> 11g	<b>14%</b>
Dietary Fiber 2g	<b>5%</b>
<b>Protein</b> 1g	<b>9%</b>
Vitamin A 1%	Vitamin C 101%
Iron 2%	Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

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